

BEING HEALTHY AND PRODUCTIVE

THROUGH THE POWER OF SONG



4 HORMONES OF HAPPINESS



DOPAMINE

Pleasure hormone responsible for motivation in the brain rewards system



SEROTONIN

A mood stabiliser helping with wellbeing and happiness



ENDORPHIN

Primarily helps one deal with stress and reduce feelings of pain



OXYTOCIN

Bonding, love and trust

DOPAMINE

THE REWARD CHEMICAL

COMPLETING A TASK

DOING A TASK THAT DIRECTLY BENEFITS YOU

CELEBRATING A WIN

OXYTOCIN

THE LOVE HORMONE

SINGING WITH FAMILY/FRIENDS

SINGING AT A KARAOKE BAR

SINGING CONGREGATION

GREETING SOMEONE WITH THE FIRST LINE OF A SONG

SAYING 'THANK YOU'

SINGING IN A CHOIR

SINGING AT A CONCERT

SINGING TO A BABY

ENDORPHIN

THE PAIN KILLER

LAUGHTER

SINGING ALONG WITH UP TEMPO MUSIC

VOCAL EXERCISES

SEROTONIN

THE MOOD STABILISER

DIAPHRAGMATIC BREATHING

HUMMING

VOCAL EXERCISES

LISTENING TO MEDITATIVE MUSIC