

## **Daily Feel-Good Checklist: 5 natural ways to boost your brain's endorphins**

Source: [Mind Beacon](#)

We've all heard of the "runner's high" – that good feeling that comes after a long, challenging run. This comes from endorphins, which are chemicals produced by the nervous system to cope with pain or stress. Endorphins are also involved in our natural reward circuits. Boosting their levels boosts our sense of euphoria and happiness. And here's the thing: incorporating a few simple things into your daily routine can naturally increase your endorphins. Here are five ways you can do this:

### **1. Exercise**

No surprise here – exercise is one of the best ways to boost endorphins. One recent research study showed that exercise was as beneficial on relieving the symptoms of depression as antidepressants. You don't have to go for a 10 km jog – even small amounts of physical activity can increase endorphin levels and, in turn, your energy and sense of well-being.

### **2. Laughter**

There's a reason why breaking into uproarious laughter feels so good. Yup, endorphins. A recent study using PET scanning showed that laughter triggers the release of endorphins in the brain, which may promote feelings of togetherness. Although we can't meet as big groups, we can still connect, and laugh, virtually.

### **3. Giving**

As it turns out, there is truth to the saying, "It's better to give than to receive." A study out of the National Institutes of Health measured the brain's response to giving. Volunteers were given money that they were either told to or could voluntarily choose to give away. Regardless of why they gave, their brain's pleasure centres lit up when they did. Consider volunteering, donating money to a cause you hold dear, or even picking up groceries or running an errand for a friend.

### **4. Yoga and meditation**

A recent study showed that practising even brief 25-minute sessions of yoga and mindfulness meditation significantly improved brain function and energy levels. If you're not sure how to get started, there are several online yoga and meditation classes and videos that can help.

### **5. Listening to music**

Listening to music you love can trigger happiness and reducing anxiety. Next time you're making a meal, or taking a break from work, put on a few of your favourite upbeat tunes.