



SEROTONIN MENU

WHAT IS IT?



Serotonin is a neurotransmitter that helps regulate mood, emotion, and behavior, often linked to feelings of happiness.



A **serotonin menu** is a list of activities that boost your serotonin levels.



Creating a serotonin menu is a proactive approach to improve mental health by **identifying** and working to **incorporate** activities that naturally increase the production of serotonin.



Incorporating these factors into your daily life can help you build a positive and encouraging environment for your mental wellness.

SEROTONIN MENU

List two serotonin-increasing activities in each category below!

Start off simple but don't be afraid to step outside your comfort zone!

1

NATURE AND
SCENERY

2

CALMING
ENVIRONMENTS

3

FOOD AND
NUTRIENTS

4

GRATITUDE
PRATICE

5

MOVEMENT
AND EXERCISE

6

SOCIAL
CONNECTION

7

SELF CARE

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