

# Conference on Aging

## Mental Health and Aging

Shared by Heather Kinderthain B.S.W. of Jill's House Memory Care (812-278-1072) and Cathleen Weber, MSW, LCSW, Better Day Counseling & Consulting LLC, Cathleen@BetterDayBloomington.com

### Happiness Chemicals and how to hack them

<p><b>DOPAMINE</b> THE REWARD CHEMICAL</p> <ul style="list-style-type: none"><li>• Completing a task</li><li>• Doing self-care activities</li><li>• Eating food</li><li>• Celebrating little wins</li></ul> 	<p><b>OXYTOCIN</b> THE LOVE HORMONE</p> <ul style="list-style-type: none"><li>• Playing with a dog</li><li>• Playing with a baby</li><li>• Holding hand</li><li>• Hugging your family</li><li>• Give compliment</li></ul> 
<p><b>SEROTONIN</b> THE MOOD STABILIZER</p> <ul style="list-style-type: none"><li>• Meditating</li><li>• Running</li><li>• Sun exposure</li><li>• Walk in nature</li><li>• Swimming</li><li>• Cycling</li></ul> 	<p><b>ENDORPHIN</b> THE PAIN KILLER</p> <ul style="list-style-type: none"><li>• Laughter exercise</li><li>• Essential oils</li><li>• Watch a comedy</li><li>• Dark chocolate</li><li>• Exercising</li></ul> 

Presenting Partner:



Supporting Partners:



Contributing Partners:

