



Christmas Message from your Employee Assistance Program

A Holiday Invitation to Get Activated!

Did you know that we have certain hormones that we can activate to promote positive feelings, including happiness and contentment?

We do! They are often referred to as the “Happy Hormones”

They are: dopamine, serotonin, oxytocin, and endorphins.

Hormones are chemicals produced by different glands across your body. They travel through the bloodstream, acting as messengers and playing a part in many bodily processes.

Dopamine is the “feel good” hormone. It has a motivational role in the brain’s reward system.

Serotonin is a hormone which helps to regulate your mood as well as your sleep, appetite, digestion, learning ability, and memory.

Oxytocin is the hormone we sometimes refer to as the “love hormone.” It helps promote trust, empathy, and bonding in relationships.

Endorphins are your body’s natural pain reliever and relaxation response.

Did you know there are certain activities that you can engage in to activate more of those hormones within your system?

Over the holiday season, it might be a time to try some activities associated with these different hormones. We may all need a boost of these happy hormones to recharge after the year we’ve experienced.

Dopamine Activities List:

Exercise	Getting Enough Sleep	Listening to Music
Meditate	Therapeutic Massage	Crafts
Embrace a new goal	Drink some warm green tea	Eat some turkey (or fish or nuts)

Serotonin Activities List:

Meditate	Practice gratitude	Bright light
Being outside/nature	Exercise	Visualize a happy moment
Look at happy photos	Sunshine	Breathing exercises

Endorphin Activities List:

Laughter	Eat dark chocolate or chili peppers	Drink warm beverages
Massage	Meditate	Exercise
Make/Play Music	Perform Random Acts of Kindness	Hot Bath

Oxytocin Activities List:

Yoga	Listen to music	Therapeutic massage
Friendship	Meditate	Share feelings
Pet a dog	Cuddle with a loved one	Romance
Send someone a thank you care	Cook (Bonus: Share the meal with someone you care about)	Gratitude

So, here's your challenge:

Try to engage in something that activates all of the four of your happy hormones! Have fun with this and invite your loved ones to participate. Happy hormones are increased when shared by others.

Our EAP staff "Happy Holiday Hormones" plans:

Janice: I will host a games night with family with lots of laughter, music, good food and snuggles with our baby grand niece. Doggie walks in the woods/nature will be a treat during daylight hours.

Bonnie: I will snuggle on the couch with the fireplace going, watching Christmas movies with my family and grandchildren, eating chocolate peanut butter balls and hot chocolate! The soft glow of the Christmas tree lights help provide the atmosphere with which to relax.

Jennifer: I will be getting together with my daughter, mom, sister, and nieces for our annual holiday baking night. Also, I am looking forward to some “down” time relaxing in front of the tree and watching some great Christmas movies.

Stacey: I’m going to rock around the Christmas tree listening to festive music with my family while also making sleep a priority this month.

Joy-Lynn: Enjoying an Eggnog while sitting around the fire with family and hopefully seeing some snow after spending the last couple of Christmases in the tropics.

Merry Christmas and Happy Holidays from all of us at EAP.

Contact Information:

Employee Assistance Program

40B Burns Avenue

Charlottetown, PE C1E 1H7

Telephone: (902)368-5738, Toll Free: 1-800-239-3826

Fax: (902) 368-5737

Website: <https://psc.gpei.ca/employee-assistance-program>

Email: eap@gov.pe.ca