

The Science of Happiness

New Informational:

Title: The Science of Happiness

Topic: How chemicals create Happiness

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Everyone knows what Happiness is, it's rush of joy you get when you ace a test or when you see a cute animal video online, but why do we feel happiness? Have you ever wondered what causes it? It's simply a chemical reaction and a bit more simplistic to explain.

First of I would like to tell you what the chemicals are that create the reaction.

The chemicals that the reaction is comprised of are: dopamine, oxytocin, serotonin and endorphins. I'll start with Dopamine, people consider it the happiness drug; However, that is a misconception, Dopamine is actually more involved with anticipation than happiness. Dopamine is a chemical that is responsible for sending signals between nerves like the Brain. Did you know that a low amount of dopamine in your body actually causes Parkinsons disease?

The next chemical i'll explain is Oxytocin, Oxytocin is a chemical that is considered the cuddle hormone because Oxytocin is released through closeness with another being, For example, Oxytocin is released when I am near my cats because I feel close to them; However, Oxytocin can be released through eye contact and bonding.

The third chemical on my list is Serotonin, which controls your mood, it's the reason that you get into a good mood or a bad mood. Did you know that a good chunk of the Serotonin in your body is found in your guts? The serotonin found in your guts is controlled by hunger.

Lastly there is Endorphins which is responsible for pushing you or making you strive to complete goals, For example, **When you have a big test coming you have to review, and Endorphins make you strive to complete the incredibly boring review sheet.**

Happiness is created. **When you feel happy, chemicals are released into your brain.** As you know those chemicals are called Dopamine, Oxytocin, Serotonin and Endorphins. They all have a use. Serotonin is used to maintain the happiness and keep the rest of the moods in check, Dopamine is used to make people talk more and excited, Oxytocin creates trust and strong bonds to keep your happiness up, and Endorphins are used to make you feel less pain and when you laugh they are released lowering anxiety and possible depression. All those chemicals are what creates your happiness.

So create some happiness.