



University of
South Australia

Bupa Wellbeing Competition

Unleash your happy chemicals

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Sometimes, maybe often, the world throws us the hardest battles that we can think of, and it gets too much that it becomes suffocating and slowly affects our daily lives. It can negatively frame the way we think, speak, act, and look toward the future, leaving us feeling stuck without any solution.

This is how I felt for the past few months, as everything that could go wrong did, and most of the plans I had looked forward to fell through. This held me back from focusing on things that could have opened doors, and so the feeling of regret only kept on going and the situation only got worse. But in the midst of it all, my long dream of being a student leader came true and it's as if all my problems disappeared. As a coincidence, I received the news while revising about hormones associated with the nervous system. Being the curious cat that I am, I dug a little deeper into happiness hormones and learned that we can activate them even with small actions.

With the list I have made, I learned to appreciate the beautiful succulents in the backyard, wake up early to have a nice walk near the lake and train my mind to let go of things beyond my control. I can say that I have been happier ever since. So, I'm sharing my cheat sheet on how to lift your spirits easily, because some of us can't go to Bali yet! XD Furthermore, this is a reminder that you do not need a grand gesture to be happy, sometimes maybe all you need is to grab a GYG burrito with your group trio, have a good night cuddling with your pets and binge-watching your favourite comfort shows, shout your frustrations on the lookout, buy that book you have been eyeing for a while, window shop at Rundle, go to a karaoke place with your friends (especially Filipinos) and sing today's top hits even if you're off-tune, or even finish revising to get some relief.

UNLEASH YOUR ✨ HAPPY CHEMICALS

DOPAMINE

Known as the “feel-good” hormone, this hormone plays a key role of the brain’s reward system and is associated with pleasurable sensations from accomplishments.

HOW TO UNLOCK?

- Listen to your favorite album
- Celebrate small wins
- Tick off tasks in your checklist



OXYTOCIN

Often called the “love hormone,” oxytocin is essential to promote trust, empathy, and bonding in relationships.

HOW TO UNLOCK?

- Connecting through physical touch and affection



ENDORPHINS

The body’s natural pain reliever, which is produced in response to stress or discomfort to foster pleasure.

HOW TO UNLOCK?

- Make time for exercise and unlock that runner’s high!
- Laugh with your friends or watch your favorite sitcom!

SEROTONIN

The hormone and neurotransmitter that regulates mood as well as sleep, appetite, digestion, learning ability, and memory.

HOW TO UNLOCK?

- Get some fresh air and sunlight
- Attend and take notes from mindfulness sessions
- Take a breath and meditate