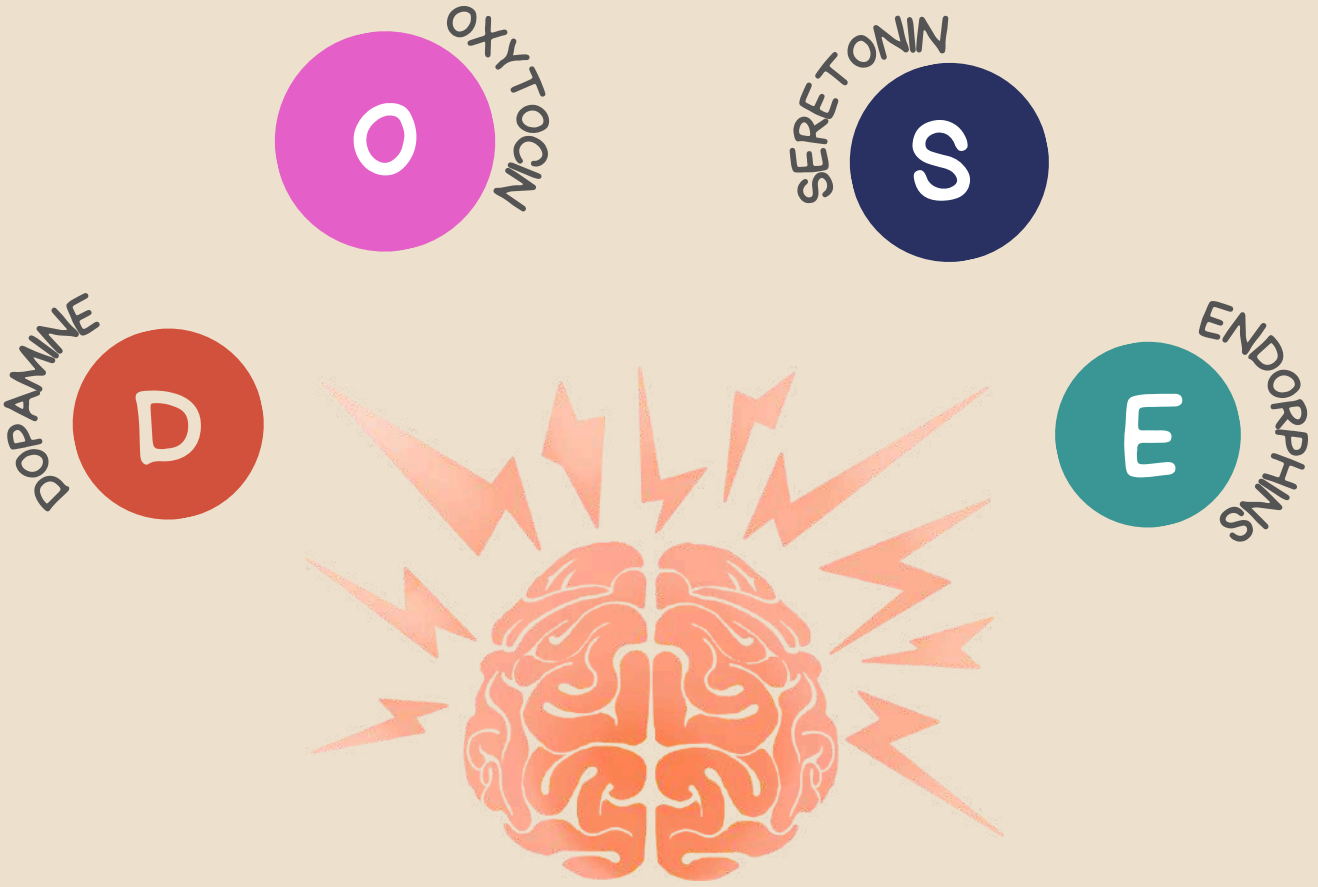
The BeachHOUSE Goa

HAPPINESS

Hormone Map



Why This Map Matters

When joy feels distant, we often blame ourselves.
Why am I like this? Why can't I just feel better?

But mood isn't a moral issue — it's biological, emotional, and deeply human.

Your body creates joy through a delicate balance of happiness hormones. When life gets stressful, overwhelming, or lonely, these chemicals can dip not because you're failing, but because your system is asking for support.

This map helps you listen.
Instead of forcing positivity, you'll learn to gently ask:
"What does my body need right now?"

What Your Body Needs When Joy Feels Low

Serotonin plays a key role in regulating mood, sleep, digestion, and emotional balance.

It helps the nervous system stay steady rather than reactive.

When serotonin levels are well supported, the mind feels calmer, decision-making becomes easier, and the body is better able to cope with daily stress.

SEROTONIN

The Hormone of Calm & Stability

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When it's low, you might feel:

- Low mood or heaviness
- Irritability or anxiety
- Poor sleep or restless thoughts
- A sense of emptiness, even on "good" days

What serotonin needs:

Sunlight

A nourished gut

Steady routines

Gentle movement

Support cues:

- Morning sunlight on your face (5–15 minutes)
- Warm, comforting meals
- Slow walks, yoga, or stretching
- Regular sleep and meal times

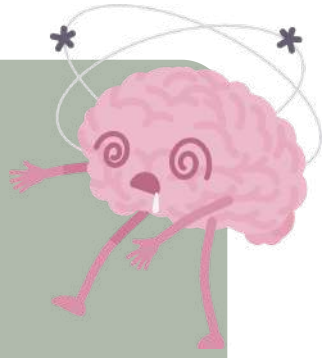
DOPAMINE

The Hormone of Motivation & Reward

Dopamine is involved in motivation, focus, and the brain's reward system.

It helps you initiate action, sustain attention, and experience a sense of satisfaction after completing tasks.

Balanced dopamine supports healthy drive and follow-through without pushing the nervous system into stress.



When it's low, you might feel:

- Unmotivated or stuck
- "What's the point?" energy
- Difficulty starting or finishing tasks
- Craving sugar, caffeine, or stimulation

What dopamine needs:

Small wins

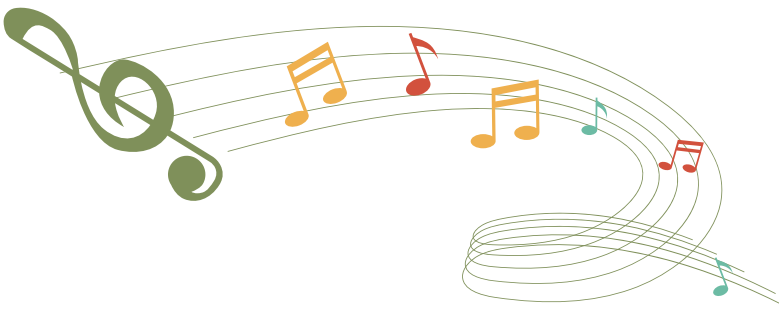
Protein-rich nourishment

Purposeful action

Movement

Support cues:

- Break tasks into tiny, doable steps
- Strength-based movement or dancing
- Protein-rich foods (lentils, eggs, nuts, seeds)
- Crossing one thing off your list



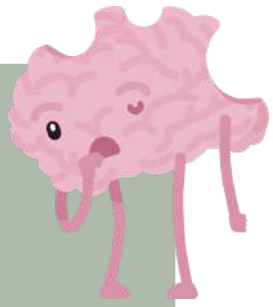
OXYTOCIN

The Hormone of Connection & Safety

Oxytocin supports feelings of trust, emotional safety, and social bonding.

It plays a role in calming the nervous system, reducing stress responses, and helping the body feel supported rather than alert.

Balanced oxytocin helps you feel connected, relaxed around others, and emotionally steady.



When it's low, you might feel:

- Lonely even when surrounded by people
- Emotionally disconnected
- Guarded, tense, or unseen
- Craving reassurance

What oxytocin needs:

Touch

Safe connection

Warm presence

Emotional honesty

Support cues:

A hug, hand-hold, or gentle self-touch

A heartfelt conversation

Time with someone who feels safe

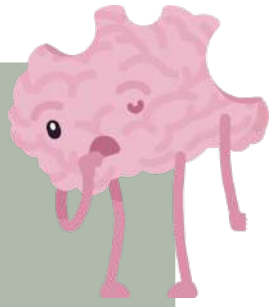
Petting an animal or offering kindness

ENDORPHINS

The Hormone of Connection & Safety

Endorphins help reduce physical discomfort and improve mood by acting as the body's natural pain relievers.

They are released during movement, laughter, and moments of physical release, helping the body let go of tension and feel lighter, calmer, and more resilient to stress.



When it's low, you might feel:

- Physically tense or achy
- Emotionally flat
- Easily overwhelmed
- Less joy in movement or laughter

What endorphins need:

Breath | Movement | Exercise

Laughter | Release | social connection

Support cues:

- Brisk walking or light cardio
- Deep breathing or sighing out loud
- Stretching tight areas
- Moments of humour or play

Quick-Reference:

“If You’re Feeling ___, Try This”

Feeling anxious or heavy?

Sunlight + slow breathing (Serotonin)

- Step outside for 5–15 minutes of natural sunlight
- Eat a warm, balanced meal (with protein & carbs)
- Stick to a regular sleep and wake time
- Sit quietly and take 5 slow, deep breaths
- Spend a few minutes in a green or open space

Feeling unmotivated or stuck?

One small task + movement (Dopamine)

- Complete one small, doable task
- Make a short to-do list and tick off one item
- Break a big task into 3 simple steps
- Celebrate progress before moving to the next task
- Try something slightly new (new recipe, route, or activity)

Feeling lonely or unseen?

Reach for connection or self-soothing touch (Oxytocin)

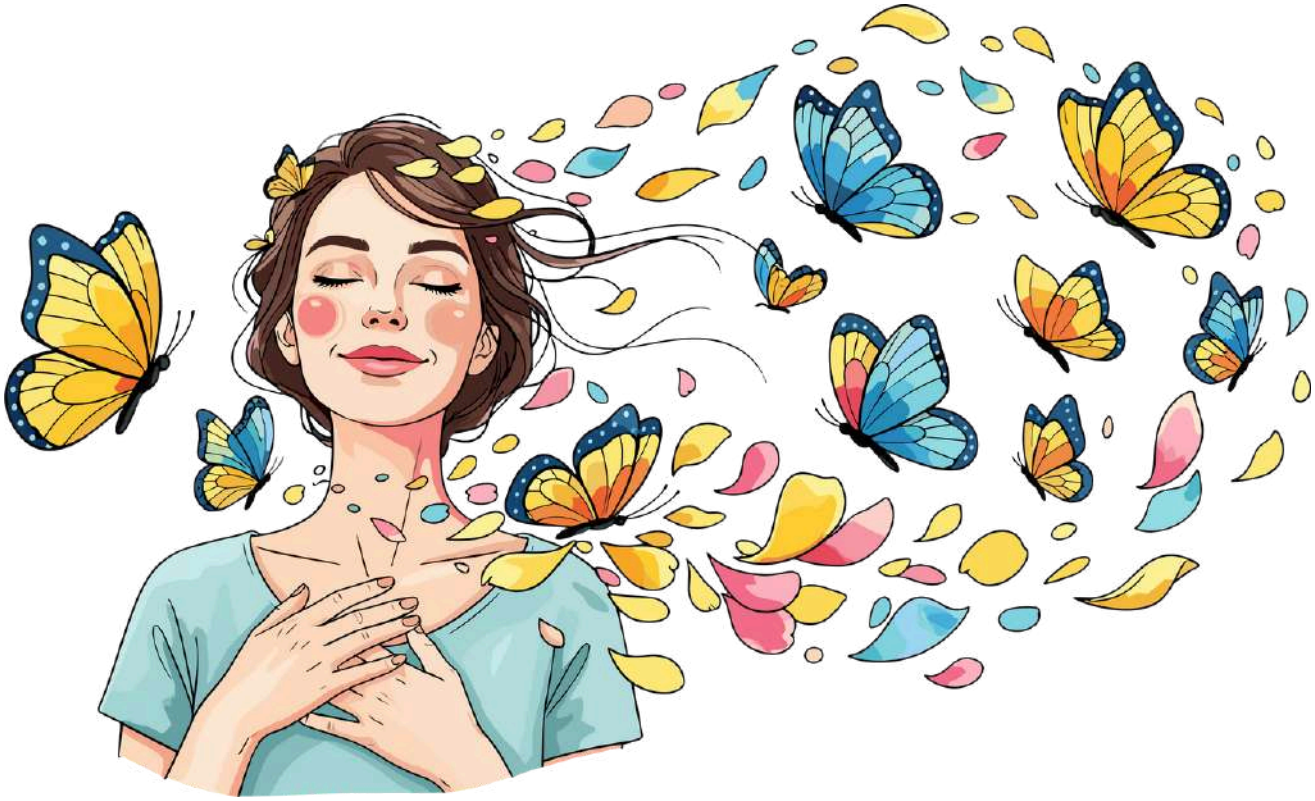
- Share a warm hug or gentle touch
- Have a calm, meaningful conversation with someone you trust
- Sit with a loved one without multitasking
- Offer help or kindness without expecting anything back
- Spend time with a pet or in caring presence

Feeling tense or emotionally flat?

Move your body + exhale deeply (Endorphins)

- Go for a brisk walk or light jog
- Spend time in nature or sunlight
- Enjoy music that makes you feel uplifted
- Do 5–10 minutes of gentle stretching
- Laugh — watch or listen to something genuinely funny

There's no single fix — just gentle responses.



A Gentle Reminder

You are not meant to feel joyful all the time.You are meant to feel **supported.**

This map isn't about fixing yourself.
It's about responding with kindness.
When joy feels low, it doesn't mean it's gone.
It simply means your body is asking — softly — for care.

Your Next Step

If you're craving deeper emotional balance, nervous system calm, and a space where your body can truly reset, the Stress Buster Retreat at **The Beach House Goa** offers guided practices, nourishing food, movement, and rest — all designed to gently restore your inner chemistry.

Because joy doesn't come from pushing harder. It comes from listening more closely.

The BeachHOUSE Goa