

Dopamine and the Happy Brain



Remembering a happy memory releases in our brain the same "feel-good" chemicals that flooded it at the time of the actual experience. Dopamine plays a huge role in producing and regulating positive feelings such as **pleasure**, **hopefulness**, **optimism**, and **keen interest**. As levels of dopamine in the brain change, so does our outlook on life.

The Power of Positive Thinking!!

→ Higher levels of dopamine in our brain result in feelings of hope, tolerance, motivation, and a can-do attitude.

→ Brain scans show that dopamine is released not only when we engage directly in pleasurable experiences, but also when we reflect on and remember these happy moments.

SO WHAT???

By repeatedly referencing past successes, we build confidence and are more able to rebuff the "I can't" voice in our head. Happy memories can become a tool to prime the brain for new social, academic, and physical challenges.

