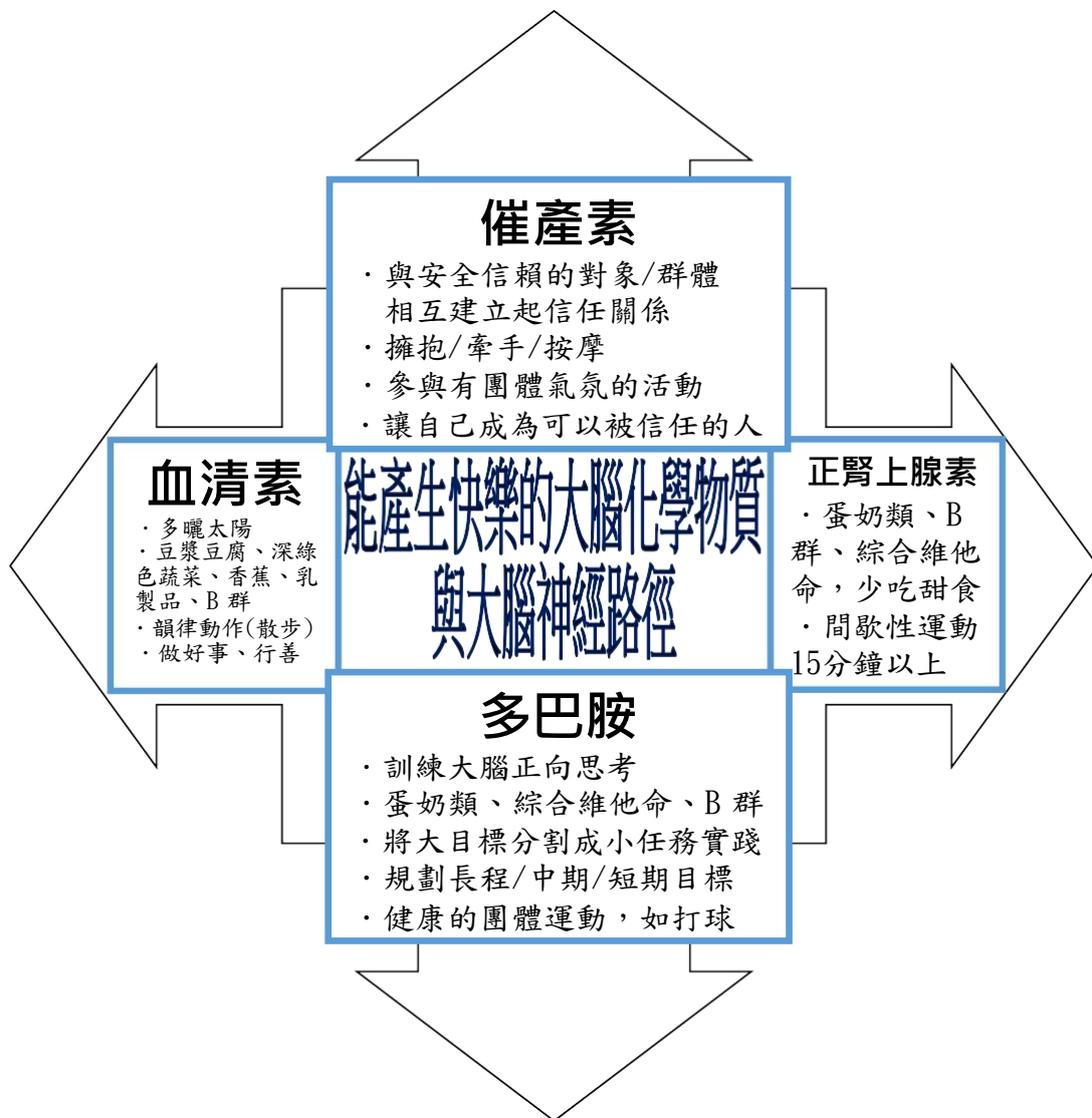


大腦的情緒秘密

你知道嗎？好好了解大腦的功能，能幫助我們掌握快樂鑰匙、釋放大腦的快樂喔！情緒是由大腦神經迴路所決定，大腦可塑性可以讓情緒管理有很大的改善空間。大腦有四大化學物質可以增加人們的快樂，這四大物質的名稱為：正腎上腺素(Norepinephrine)、多巴胺(Dopamine)、血清素(Serotonin)、催產素(Oxytocin)，找對路徑用對方法，讓這些新的生活習慣形成穩固的大腦神經迴路，就能讓大腦持續分泌快樂的化學物質，請你也一起想想，可以讓你的大腦快樂的路徑和方法是什麼吧！





Ride a Bike OR SKATEBOARD



ASK FOR HELP



Blow Bubbles

Color Paint Draw



CREATE ART!

Listen to MUSIC



PLAY a BOARD GAME

MAKE & PLAY WITH SLIME



Practice Gratitude



WEAVE, KNIT OR CROCHET

Use Kind & Compassionate Self-Talk



Make a SCRAPBOOK OR COLLAGE



PRACTICE YOGA



Hug or Climb a Tree

KICK BOUNCE OR THROW a BALL



JOURNAL OR WRITE A LETTER



Take Slow, Mindful Breaths



Cuddle or Play with Your Pet



Drink Water



Forgive Let Go Move On



Cook or Bake

Smile & Laugh



EAT

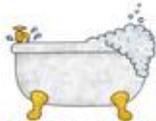


Healthy

50 COPING SKILLS for kids



Get Plenty of SLEEP



TAKE A SHOWER OR BATH



STRETCH



Go on a Hike, Walk or Run



Use Aromatherapy (Smell something good)



Sing and/or Dance



SAY Positive Affirmations

Take GOOD CARE of the Earth



Look At or Take PHOTOGRAPHS



Garden or Do Yardwork



Visualize a Peaceful Place



Try or Learn Something New



EXPLORE & DISCOVER Nature's Treasures



READ a Book or Magazine



DRINK A WARM CUP OF TEA

USE a STRESS BALL (or other fidget tool)



Get a HUG



DO a PUZZLE



Cry



Play Outside

Clean, Declutter or Organize



Create ORIGAMI



EXERCISE



Play Outside

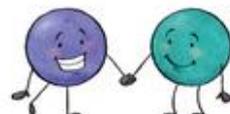
JUMP on a Trampoline



Rest, Take a Break, OR Nap



Do Something Kind



BUILD



Something



TALK to Someone You Trust