Emotions

eslvideo.com Quiz by: Joshuitar22

1. What makes you feel good?

○ a.) Your brain's feelgood chemicals

○ b.) Your friends

○ c.) Your food

2. What are the names of the feelgood chemicals?

○ a.) Endorphins, serotonin, dopamine, oxytocin

○ b.) Water, air, food, sleep

○ c.) Sugar, salt, fat, protein

3. What do endorphins do?

○ a.) They make you feel sad

○ b.) They are natural painkillers

○ c.) They help you sleep

4. How can you get more endorphins?

○ a.) By sleeping

○ b.) By exercising and laughing

○ c.) By watching TV

5. What does serotonin help you feel?

○ a.) Angry and sad

○ b.) Calm and happy

○ c.) Tired and bored

6. How can you boost serotonin?

○ a.) By getting sunlight

○ b.) By eating junk food

○ c.) By staying inside

7. What is dopamine known as?

○ a.) The love chemical

○ b.) The reward chemical

○ c.) The sleep chemical

8. When is dopamine released?

○ a.) When you sleep

○ b.) When you accomplish something

○ c.) When you eat

9. What is oxytocin also called?

○ a.) The happy chemical

○ b.) The love chemical

○ c.) The sad chemical

10. How can you release oxytocin?

○ a.) By hugging and hanging with friends

○ b.) By eating alone

○ c.) By working hard

Transcript

Ever wonder why some days you feel on top of the world?
It's all thanks to your brain's feelgood chemicals?
Let's meet the squad.
Endorphins, serotonin, dopamine, and oxytocin.
First up, endorphins.
They're your body's natural painkillers.
Exercise, laughing, and even eating chocolate can flood your brain with endorphins and make you feel awesome.
Next up is serotonin.
It's the mood stabilizer that helps you feel calm and happy.
You boost it by getting sunlight, exercising, or just practicing gratitude.
Then there's dopamine, the reward chemical.
It's released when you accomplish something, crush a goal, or even get a compliment.
And last, but not least, we have oxytocin, the love chemical that makes you feel connected to others.
You release it with hugs, hanging with friends, or even petting your dog.
Your brain loves to reward you.
You just have to give it the right reason.
Move your body, chase your dreams, get outside and show some love.
And let the good vibes roll.