

How To Trigger Happiness Hormones With Simple Habits — Phil Zen Design Blog Post Walks You Through Simple Tips

Feeling a bit down at times working from home as days get shorter? Most of these feelings are physiologically induced. How to take control

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EINPresswire.com/ -- As days get shorter with changing seasons, people tend to feel anxious and a bit down at times as they try to work from home. There is a simple way to fight those counterproductive feelings, as most of these feelings are physiologically induced.



One of the best ways to activate the production and release of happiness chemicals is by getting active. The more active we are, the more happiness chemicals we pump out and—by extension—the greater our sense of well-being and satisfaction.

The [blog post](#) describes some of the simplest and most impactful adjustments people can make to significantly improve their wellness as they work from home or in an office.

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Philippe Gryc

“As increased wellness makes us better beings for ourselves and others, implementing some small changes goes a long way.” said post author Philippe Gryc. “[Activity](#), circadian rhythm, and biophilic design are just a few simple changes we can easily implement for increased wellness.” □

The post explores how to improve your physical health through movement and ergonomics, improve mental

health through daily routines and interior design, and set up your workspace accordingly to be healthier and more productive. □

"The purpose of this post is to assist readers working from home or in an office to improving their wellness by making simple, effective changes." Gryc explained.

About [Phil Zen Design](#)

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Phil Zen Design is an online lifestyle-and-furniture retailer headquartered in Toronto. Phil Zen Design provides products and solutions to help people who work at home find the right balance between comfort, office practicalities, healthy living, and family cohesion. Philippe Gryc founded Phil Zen Design in 2019 to enable a shift in interior cultures by recommending outstanding and sustainable designs crafted to enhance yet simplify daily life.

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Change your routine with happy habits!

What are the Happy Chemicals?

- DOPAMINE**
 - Enables motivation, learning and pleasure
 - Gives you determination to accomplish goals, desires & needs
- OXYTOCIN**
 - Feelings of trust, motivate you to build and sustain a relationships
 - Known as "Cuddle" or Love Hormone", plays a role in bonding
- SEROTONIN**
 - Feeling significant or important among peers
 - Calm form of accepting yourself with the people around you
- ENDORPHINS**
 - Releases a brief euphoria to mask physical pain
 - Response to pain and stress that alleviates anxiety & depression

Happiness chemicals are hormones our bodies manufacture to tell our brains to tackle with power.



Simple changes like introducing plants, active sitting and proper light boost happiness hormones.

This press release can be viewed online at: <https://www.einpresswire.com/article/591849065>

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