



# **Is there a happiness gene?**

- There is no one magical gene that makes one happy, however we can inherit many traits including optimism, self-esteem, and happiness. So by that logic, yes there are genes that make predispose you to be happier. But the state of happiness itself is yours to take

# What are the neurochemicals of happiness?

The neurochemicals responsible for a person's happiness include:

serotonin  
endorphins  
dopamine  
oxytocins

These chemicals, such as dopamine acts as a reward for pleasure-seeking behaviours i.e during food consumption or shopping.

During a chemical imbalance of these neurochemicals, our well-being tends to shift our moods, causing depression and anxiety.

# Where is happiness localized in the brain?

*Areas of the brain that are activated while perceiving happiness are:*

- right frontal cortex*
- the left amygdala*
- the precuneus*
- the left insula*

*However we can't say where exactly the happiness is located, there are a few brain parts that are influenced by this feeling.*

"It is hard to make any grand proclamations about what happiness

looks like in the brain"

(Jill Suttie, 2018)



# ***Bibliography***

**[HTTPS://WWW.NEUROLOGYLIVE.COM/VIEW/H  
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