



Is Dark Chocolate the Secret to Happiness?

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Is Dark Chocolate the Secret to Happiness?

By Kristin Edwards

Great news for all you dark chocolate lovers! Your favorite snack may just be the key to happiness.

People feel happier when they do things they love - like eating chocolate. Most of us are familiar with that exhilarating rush that comes from the first to last bite of deep, dark chocolate. The good news is that dark chocolate boosts your mood in more ways than you might think.

In an article with [CNN](#), Ethnobotanist Chris Klham explained: "Cocoa boosts brain serotonin. . . .Almost every single antidepressant aims at either enhancing serotonin or keeping it in the brain longer. Chocolate or cocoa does that very well."

If eating dark chocolate takes you to your happy place, try some of these ideas for keeping it front and center in your life:

Sweeten-up Family Time

Trying to find fun ways to get the family to spend time together? Organize a Family Sundae and Game Night. Put out a selection of your favorite ice cream flavors, premium [Ghirardelli Chocolate Fudge Sauce](#), a special toppings for a "make your sundae bar" at home. Enjoy your sundae's while competing against one another in your favorite game.

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Get Creative

Making chocolate goodies can be nearly as much fun as eating them. Get in the kitchen and unleash that creativity. Whip up some decadent desserts from the [Ghirardelli Chocolate Cookbook](#) to expand your chocolate repertoire. Or, gather the kids around with bowls of pretzels and fresh strawberries and melt dark, milk and white chocolate for an afternoon of dipping delight.

Image: Ghirardelli stock chocolate strawberries

De-stress

We all know that stress isn't good for our health or our happiness. Thankfully, dark chocolate can help with that too!

"We eat chocolate so we release and experience pleasure and so as a result, we crave chocolate," Adam Drewnowski of the University of Michigan told [CNN](#). "We want chocolate in times of stress, anxiety, pain and so on. Chocolate is a natural analgesic, or pain killer,"

Keep [Ghiradelli Squares](#) in y

desk drawer and indulge in one after a short walk or brief meditation to help you manage life's daily hassles. For a fun way to wind down from a tough week, break out a premium [dark chocolate bar](#) with a rich Merlot or Cabernet Sauvignon on Friday night.

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too! Did a friend just go through a break up or divorce? Is a coworker feeling stressed about an upcoming presentation? Show them you care with a batch of homemade [brownies](#), [chocolate covered blueberries](#), or elegantly wrapped [dark chocolate bar](#). The combination of dark chocolate and your thoughtfulness will give their mood a much needed boost, and boost yours as well.

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Girls Night In!

Yes, family time is important, but don't forget to make time for your girlfriends. Invite your favorite ladies to a fondue party. Melt [dark chocolate](#) and combine it with fresh fruit for a healthy, happy treat. Get silly and dance to old Motown songs while singing into your hair brush like you did when you were teens.

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