

# GET YOUR DAILY D.O.S.E

How to get your daily DOSE of happiness chemicals

## 1 WHAT ARE THE HAPPINESS CHEMICALS?



### DOPAMINE

Plays a role in reward and motivation. It gets us out of bed in the morning and gives us that feeling of pleasure when we achieve our goals. It also helps us to learn, change bad habits and fuels determination.



### OXYTOCIN

Nicknamed the 'Cuddle or Love' hormone as it helps to build and nourish relationships by enabling feelings of trust and love. It also reduces blood pressure, cortisol and anxiety levels and increases our pain threshold - great for when we're feeling stressed!



### SEROTONIN

This 'happy' hormone helps improve mood, and aids appetite, sleep, memory and learning! It gives us feelings of significance and importance amongst our peers which helps with self-acceptance, and keeping us calm in social situations.



### ENDORPHINS

These act in a similar way to opioids boosting pleasure and have even been known to reduce pain. They give a sense of well-being by boosting confidence and self-esteem. Endorphins can be released in response to pain or stress, but they're also released during other activities, like eating, dancing, exercise, laughter and heavy petting!

## 2 HOW LOW LEVELS AFFECT YOU

- procrastination
- low self esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behaviour



## 3 HOW TO BOOST YOUR HAPPINESS LEVELS

- meditate
- daily (achievable) to do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music or art

- physical touch
- socialising
- helping others
- listening to music
- exercise
- meditate
- cold shower
- massage/acupuncture

- exercise
- cold showers
- sunlight
- tryptophan-rich foods eg bananas, dates
- visualising / recalling past successes / achievements
- practising gratitude

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate
- comedy entertainment