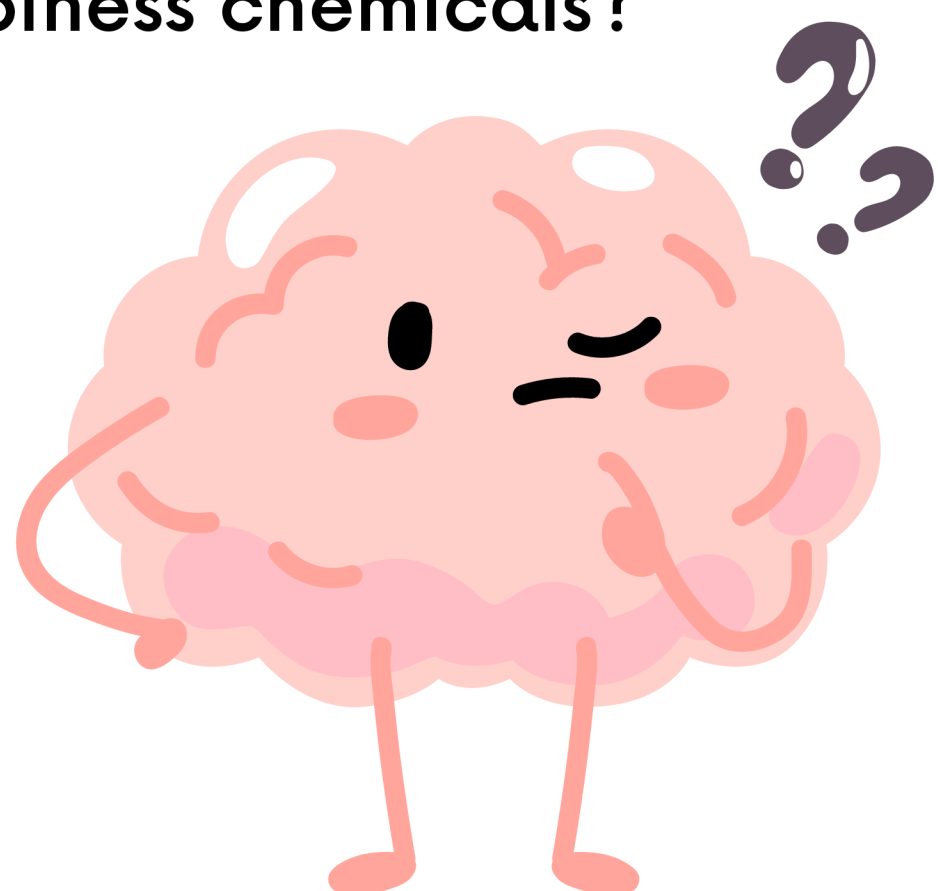


HAPPINESS CHEMICALS D.O.S.E

What are
happiness chemicals?



Dopamine

- Enables learning, motivation and pleasure
- Gives you determination to accomplish goals, desires and needs

Oxytocin

- Gives feeling of trust, motivates you to build and sustain relationships
- Known as the "cuddle or love hormone", helps bonding

Serotonin

- Feeling significant or important among peers
- Accepting yourself and the people around you

Endorphin

- Releases a brief euphoria to mask pain
- Response to pain and stress to alleviate anxiety and depression

What deficiencies look like and how to increase your Daily D.O.S.E

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

Dopamine

- meditation
- daily to do list
- long term goals
- food rich in L-Tyrosine
- exercise
- creativity: art, music, writing etc.

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

Oxytocin

- physical touch
- socialising
- massage
- acupuncture
- music
- exercise
- cold shower
- meditation

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

Serotonin

- exercise
- cold showers
- sunlight
- massage

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

Endorphin

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditation