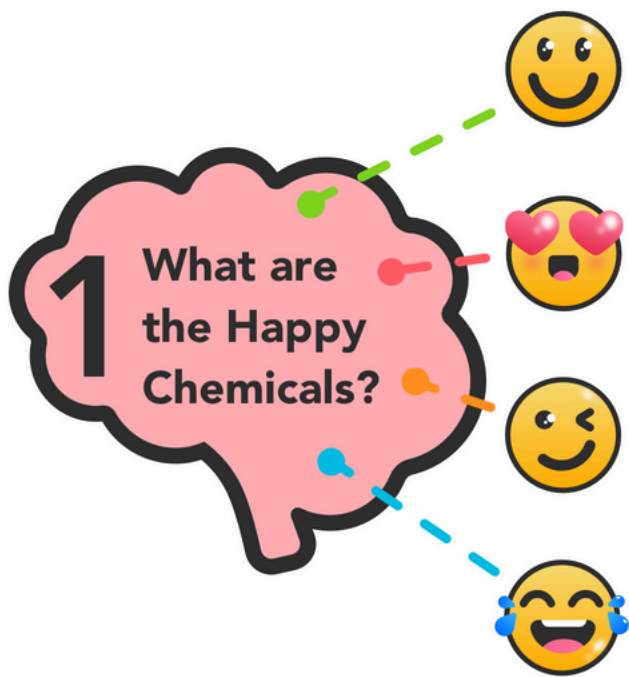


# GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals



## 1 What are the Happy Chemicals?

### DOPAMINE

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

### OXYTOCIN

- Feeling of trust, motivates you to build and sustain 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 and depression

## 2 How Deficiency Affects You

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

### DOPAMINE

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

### OXYTOCIN

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

### SEROTONIN

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

### ENDORPHINS

## 3 How to Increase Happiness Levels

### Dopamine:

- Ticking off a daily to do list
- Know your long-term goals
- Exercise
- Listen to upbeat music
- Eat a sweet treat like dark chocolate
- Get good rest

### Oxytocin:

- Socialising
- Hugging someone
- Petting your dog
- Cooking a meal for someone you care about
- Cold shower
- Massage

### Serotonin:

- Sunlight
- Walking
- Cardio exercise
- Meditation
- Journaling
- Being in nature

### Endorphins:

- Watch some comedy
- Get creative: writing, music, art
- Burning essential oils or scented candles
- Stretching
- Cardio exercise
- Crying