

# Get your Daily DOSE

The happy brain chemicals that make you feel good

## What are the happy chemicals?

### Dopamine

Enables motivation, learning and pleasure.

Provides motivation to accomplish goals, needs and desires.

### Oxytocin

Provides feelings of trust, motivates building and strengthening of relationships.

Also known as the cuddle/love hormone.

### Serotonin

Rewards you with good feelings when you feel important.

Helps you feel calm, confident, and accepting of yourself.

### Endorphins

Natural pain reliever and boosts mood.

Masks physical pain and helps alleviate low mood and anxious feelings.

## How could deficiency affect you?

- Procrastination
- Low self-esteem
- Lack of motivation
- Low energy/fatigue
- Inability to focus
- Anxious feelings
- Feeling hopeless
- Mood swings

- Feeling lonely
- Stressed
- Lack of motivation
- Low energy/fatigue
- Disconnect of relationships
- Anxious feelings
- Issues with sleeping

- Low self-esteem
- Overly sensitive
- Panic attacks
- Mood swings
- Feeling hopeless
- Fear of social activities
- Obsession/compulsion
- Issues with sleeping

- Anxious feelings
- Low mood
- Mood swings
- Aches and pains
- Issues with sleeping
- Impulsive behaviour

## How to increase happiness levels

- Meditate
- Daily to-do lists
- Long term goals
- Food rich in L-Tyrosine (dairy, nuts, bananas etc)
- Exercise
- Creative activities

- Physical touch
- Socialising
- Massage
- Acupuncture
- Listening to music
- Exercise
- Cold shower
- Meditate

- Exercise
- Cold showers
- Sunlight
- Massage

- Laughter/crying
- Creating music/art
- Eat dark chocolate
- Eat spicy foods
- Exercise
- Stretching
- Massage
- Meditate