



# Get your Daily DOSE

The happy brain chemicals that make you feel good

## Dopamine

It motivates us and helps us with our learning.

It gives us motivation to achieve our goals, needs and interests.



### You could:

- Try something new
- Make a daily to-do list
- Celebrate your little wins
- Do something creative
- Listen to music

## Oxytocin

It makes us feel safe and helps us to build and strengthen positive relationships.

We sometimes call this the 'cuddle hormone'.



### You could:

- Spend time with family and friends
- Do something kind for someone
- Play with a pet
- Give someone a hug

## Serotonin

It rewards us with good feelings when we feel important.

It helps us to feel calm, confident and accepting of ourself.



### You could:

- Spend time outdoors in nature
- Do something physical
- Make a healthy meal
- Practice mediation

## Endorphins

This can help us with aches and pains and boosts our mood.

It can really help with anxious feeling and when we are feeling a little low.



### You could:

- Watch or read something that makes you laugh
- Do something physical
- Do something creative
- Play your favourite song