







GET YOUR DAILY D.O.S.E. OF HAPPINESS

How to get your daily DOSE of happiness chemicals

1 What are the Happiness Chemicals?

- DOPAMINE**
 - Enables motivation, learning 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 "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
- ENDORPHIN**
 - Releases a brief euphoria to mask physical pain
 - Response to pain and stress to alleviate anxiety and depression

2 How Deficiency Affects You

<ul style="list-style-type: none"> procrastination low self-esteem lack of motivation low energy or fatigue inability to focus feeling anxious feeling hopeless mood swings 	<ul style="list-style-type: none"> feeling lonely stressed lack of motivation low energy or fatigue disconnect of relationships feeling anxious insomnia 	<ul style="list-style-type: none"> low self-esteem overly sensitive anxiety/panic attacks mood swings feeling hopeless social phobia obsession/compulsion insomnia 	<ul style="list-style-type: none"> anxiety depression mood swings aches and pains insomnia impulsive behaviour
 DOPAMINE	 OXYTOCIN	 SEROTONIN	 ENDORPHIN

3 How to Increase Happiness Levels

<ul style="list-style-type: none"> meditate daily to do list long term goals food rich in L-Tyrosine exercise regularly create something: writing, music or art 	<ul style="list-style-type: none"> physical touch socializing massage acupuncture listening to music exercise cold shower meditate 	<ul style="list-style-type: none"> exercise cold showers sunlight massage 	<ul style="list-style-type: none"> laughter/crying creating music/art eat dark chocolate eat spicy foods exercise/stretching massage meditate
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