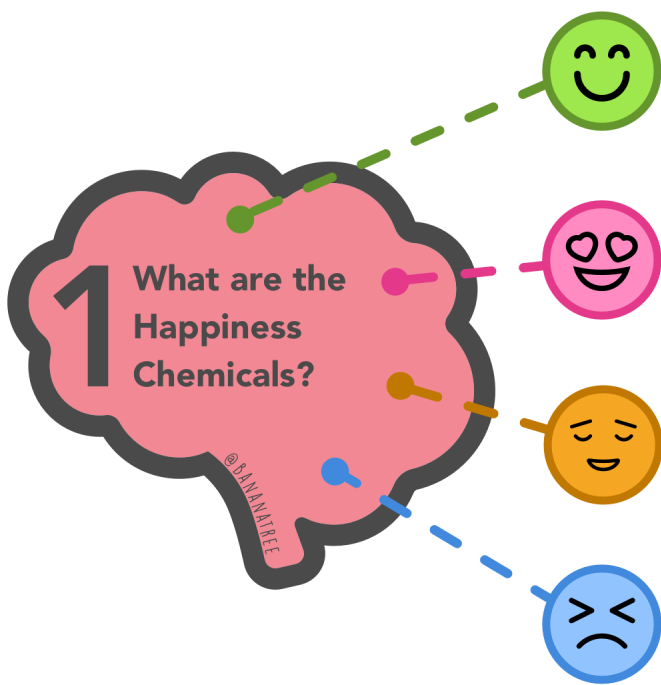


GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of 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

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

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

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

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



3 How to Increase Happiness Levels

- meditate
- daily to do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music or art

- physical touch
- socializing
- 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