

Get your Daily D.O.S.E. of Happy neuro-chemicals



DOPAMINE

REWARD

- Listen to music
- Read a book
- Exercise
- Get enough sleep
- Get organized
- Plan a task
- Complete a task
- Engage in self care
- Eat your favourite food
- Celebrate your WINS



OXYTOCIN

CONNECTION

- Get a massage
- Cuddle
- Give someone a hug
- Tell someone how much you care
- Make your conversation count
- Socialize
- Play with a pet
- Make love
- Give a compliment
- Volunteer



SEROTONIN

CONTENTNESS

- Eat well
- Expose yourself to sunlight
- Manage stress
- Support your gut bacteria
- Adjust your diet
- Practice gratitude
- Meditate
- Pray
- Enjoy nature
- Cold shower
- Essential oils
- Be creative!



ENDORPHINS

PAIN RELIEF

- Exercise
- Dance
- Move your body
- Stretch
- Make love
- Laugh
- Aromatherapy
- Acupuncture
- Sweat in a sauna

dr.krissy.phd