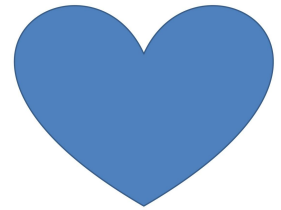


# A DOSE OF FEEL GOOD



HAPPY HACKS...

# FEELING THE LOVE - OXYTOCIN



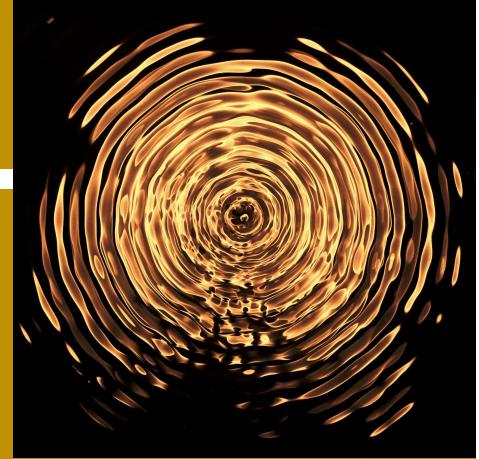
## *"LOVE HORMONE"*

- GET PHYSICAL: TOUCHING, CUDDLING, KISSING, HOLDING HANDS
- 
- BEING HELPFUL: HELPING OTHERS, FAMILY, FRIENDS, STRANGERS
- 
- KINDNESS & COMPASSION: SHOWING THIS TO OTHERS AND OURSELVES
- 
- SPENDING TIME WITH SPECIAL PEOPLE: FAMILY, FRIENDS, PARTNERS, PETS

# ON TOP - DOPAMINE

*"REWARD CHEMICAL"*

- FINISHING: COMPLETING A TASK YOU STARTED, ACHIEVING A GOAL
- 
- SELF-CARE: TIME OUT FOR YOU, DOING SOMETHING YOU ENJOY
- 
- CURIOSITY: TRYING SOMETHING NEW
- 
- BEING HEALTHY: CHOOSING GOOD HEALTHY FOODS, CULTIVATING POSITIVE DAILY HABITS
- 
- WINNING: SHARING & CELEBRATING YOURS & OTHERS WINS



# CALMING - SEROTONIN

*"MOOD STABILISER"*

- EXERCISE: RUN, CYCLE, YOGA, SWIM
- 
- MEDITATION: BRING AWARENESS TO YOUR SURROUNDINGS OR TASK, SIT IN QUIET STILLNESS
- 
- MOTHER NATURE: SOAK UP NATURE, TAKE A WALK - BEACH, HILL, MOUNTAIN, PARK
- 
- VITAMIN D: CATCH SOME RAYS, GET OUT IN DAYLIGHT
- 
- RELAXATION: SOAK IN A BUBBLE BATH, SIT UNDER THE STARS, MOON BATHE



# RELIEF - ENDORPHINS



## "PAIN KILLER"

- LAUGHTER: WATCH A COMEDY, BE SILLY & FOOLISH, BE PLAYFUL IN YOUR CONNECTIONS
- 
- POSITIVE VIBES: SURROUND YOURSELF WITH THOSE WHO LIFT YOU UP & MAKE YOU FEEL AT EASE
- 
- MUSIC: SING/DANCE/LISTEN TO YOUR FAVOURITE SONGS & MUSIC
- 
- EXERCISE: MOVE YOUR BODY TO RELEASE STRESS & ANXIETY