

THE 'GOOD DAY' FORMULA

To pick up your mood & find your groove get your **daily dose** by choosing one thing from each section ahead to weave into your day!

'DOSE'

Dopamine



Your 'reward hormone'. Gives you feelings of pleasure, satisfaction and motivation.

Oxytocin



Your 'love' hormone or 'cuddle chemical'! Feelings of bonding, intimacy & connection

Serotonin

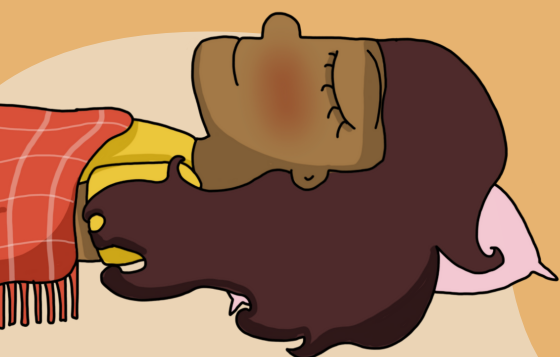


'Happy hormone', Involved in mood, digestion, satisfaction & optimism.

Endorphins



'Feel good' hormone. Alleviates pain, lower stress, improves mood, and sense of well-being



D is for Dopamine

Increase your dopamine: Get a good nights sleep, listen to your favourite song. spend 5 minutes meditating, 3 minutes of breath work, eat foods high in protein & look after your gut health, get some sunlight & ensure adequate levels of iron, folate, and vitamin B6

O is for Oxytocin

Increase your oxytocin: Cuddle a pet. hug a loved one, give yourself a hug. butterfly taps, get a massage, loving kindness meditation, write a love letter to yourself or someone you're grateful for



S is for Serotonin

Increase your serotonin: Exercise, yoga & somatic practices, spend 10 minutes in the sun with your bare feet on the ground, get a massage, visualise happy memories, watch a funny movie, help others, eat foods that contain high amounts of tryptophan, look into supplements like 5-HTP & St. Johns Wort, keep a gratitude journal

Sufficient

E is for Endorphins

Increase your endorphins: Exercise, spend 5-10 minutes meditating, eat spicy food, get acupuncture, have some dark chocolate, laugh out loud - try laughter yoga or watch a funny movie, dance to some music

