

★ GET YOUR DAILY ★

D

DOPAMINE



THE
REWARD
CHEMICAL

- ★ Create something
- ★ Achieve a goal
- ★ Complete a task
- ★ Self-care activities

O

OXYTOCIN



THE
LOVE
HORMONE

- ★ Socialise
- ★ Hug a family member, friend or your pet
- ★ Help others

S

SEROTONIN



THE
MOOD
STABILISER

- ★ Get out in sunlight
- ★ Try mindfulness
- ★ Be with nature
- ★ Try meditation

E

ENDORPHINS



THE
PAIN
KILLER

- ★ Exercise
- ★ Listen to music
- ★ Watch a movie
- ★ Have a laugh with friends