Daily D.O.S.E of Happiness

Deficiency Impact

- Weight loss or weight gain
- Trouble sleeping or disturbed sleep
- Low energy
- An inability to focus
- Feeling fatigued
- Feeling demotivated
- Mood swings
- Feeling hopeless
- Having low self-esteem
- Feeling anxious

Deficiency Impact

- Feeling lonely
- Feeling stressed
- Lack of motivation/enthusiasm
- Low energy/fatigue
- Reduced empathy towards others
- A feeling of disconnection from relationships
- Feeling anxious
- Insomnia

Deficiency Impact

- Feeling anxious
- Low mood
- Aggression
- Insomnia and fatigue
- Irritability
- Poor appetite
- Poor memory

Deficiency Impact

- Anxiety
- Depression
- Mood swings
- Aches and pains
- Insomnia
- Impulsive behaviour

Dopamine

- Encourages us to repeat behaviours that will release more dopamine, creating a cycle.
- Encourages motivation, learning, concentration and pleasure.

Oxytocin

Known as the 'Love Hormone' and plays a role in bonding as it provides feelings of trust and helps to motivate us to build and sustain relationships.

Serotonin

Regulates mood and affects our sleep cycle, appetite and digestion, among other physical processes.

Endorphins

- Releases a brief euphoria that masks physical pain.
- Is a response to pain and stress, which helps alleviate anxiety and depression.

How to Increase

- Lifestyle and Diet
- Adequate sleep
- Engaging in hobbies
- Eating food high in L-tyrosine (e.g. almonds, bananas and beans)
- Sunlight
- Exercise regularly
- Meditation and mindfulness

How to Increase

- Connect with loved ones
- Giving gratitude
- Laughter
- Healthy diet
- Play music
- Exercise

How to Increase

- Cold shower
- Exercise
- Sunlight
- Balanced diet (e.g. enough fibre)
- Massage

How to Increase

- Laughter
- Exercise
- Dance
- Enjoying favourite food/s
- Massage
- Eat spicy food
- Eat dark chocolate

Psychology Associates