

DOPAMINE

FOR - boredom, under stimulation, restlessness,
LINKED to motivation, reward, drive, and anticipation.
RISES when we pursue, achieve, or experience novelty.

Quick Dopamine Boost

Brisk walk or short burst of intense movement
Cold water on face or cold shower
Loud music and moving your body
A short timed challenge or competitive task
Doing something novel or slightly different

Medium Dopamine Builders

Gym / Yoga session or structured workout
Creative project
Learning / Cooking something interesting
Playing a game

Longer Term Dopamine Support

Skill building
Tracking achievements
Building routines with small challenges

OXYTOCIN

FOR - loneliness, craving connection, emotional safety
RISES with safe connection and touch.

Quick Oxytocin Boost

Hug someone safe
Sit close to someone you trust
Pet an animal
Send a voice note rather than a text
Eye contact and a proper conversation

Medium Oxytocin Builders

Time with family
Meeting a friend for coffee
Group activities
Helping someone
Volunteering

Longer Term Oxytocin Support

Building secure relationships
Therapy where she feels safe
Community belonging
Honest conversations

MENU

SEROTONIN

FOR - low mood, feeling not good enough, emotional dip
LINKED - to mood stability, confidence, contentment
SUPPORTED by light, movement, and meaning.

Quick Serotonin Boost

Go outside into daylight, even if cloudy
Gentle walk in nature
Gratitude journalling 'what has been good'
Listening to calming music

Medium Serotonin Builders

Regular movement
Consistent sleep routine
Completing something you started
Doing something aligned with your values
Eating regularly and nourishing your body

Long Term Serotonin Support

Routine
Meaningful goals
Time in nature consistently

ENDORPHINS

FOR - stress, emotional pain, tension, overwhelm
RELEASED during physical exertion and laughter.
Body's natural pain relief chemicals.

Quick Endorphin Boost

Fast burst of movement, star jumps, sprint, push ups
Cold water on face or cold shower
Laughter
Singing loudly
Stretching tight muscles

Medium Endorphin Builders

Strength training
Dancing
Yoga
Watching or sharing humour
Crying when needed

Endorphins help when the body feels stressed or overloaded.
They help discharge tension.

