

## DOPAMINE

FOR- boredom, restlessness, stimulation

### 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 or structured workout  
Creative project  
Learning / Cooking something interesting  
Playing a game

### Long Term Dopamine Support

Skill Building  
Tracking achievements  
Building routines with small challenges

## OXYTOCIN

For - loneliness, connection, emotional safety

### 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  
Community belonging  
Honest conversations

## DAILY DOSE MENU

## SEROTONIN

FOR - mood stability, confidence, contentment

### Quick Serotonin Boost

Go outside into daylight, even if cloudy  
Gently walk in nature  
Gratitude journalling 'WBG'  
Listening to calmin music

### Medium Serotonin Boost

Regular movement  
Consistent sleep routine  
Completing something you have 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, overwhelm, tension, emotional pain

### 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 Boost

Strength training  
Dancing  
Yoga  
Watching or sharing humour  
Crying when needed

### Long Term Endorphin Support

Regular exercise routine  
Time spent in nature with movement