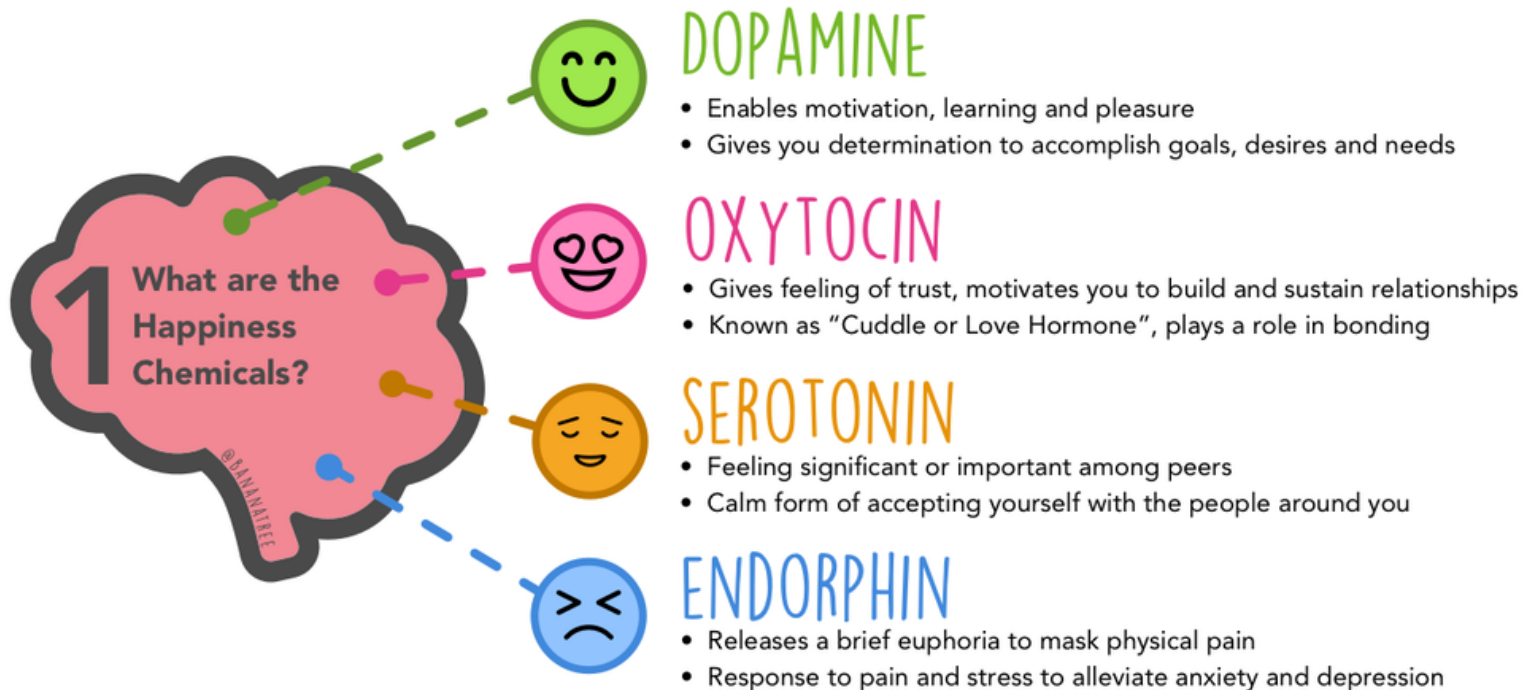


GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals



2 How Deficiency Affects You

<ul style="list-style-type: none">• procrastination• low self-esteem• lack of motivation• low energy or fatigue• inability to focus• feeling anxious• feeling hopeless• mood swings	<ul style="list-style-type: none">• feeling lonely• stressed• lack of motivation• low energy or fatigue• disconnect of relationships• feeling anxious• insomnia	<ul style="list-style-type: none">• low self-esteem• overly sensitive• anxiety/panic attacks• mood swings• feeling hopeless• social phobia• obsession/compulsion• insomnia	<ul style="list-style-type: none">• anxiety• depression• mood swings• aches and pains• insomnia• impulsive behaviour
DOPAMINE	OXYTOCIN	SEROTONIN	ENDORPHIN

3 How to Increase Happiness Levels

<ul style="list-style-type: none">• meditate• daily to do list• long term goals• food rich in L-Tyrosine• exercise regularly• create something: writing, music or art	<ul style="list-style-type: none">• physical touch• socializing• massage• acupuncture• listening to music• exercise• cold shower• meditate	<ul style="list-style-type: none">• exercise• cold showers• sunlight• massage	<ul style="list-style-type: none">• laughter/crying• creating music/art• eat dark chocolate• eat spicy foods• exercise/stretching• massage• meditate
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