

Your Daily D.O.S.E.



Brain Chemicals Responsible for Happiness

Four brain chemicals are responsible for our ultimate happiness. Use this activity to learn what they are and how to use them to get your daily DOSE of joy.

What Does D.O.S.E. Stand For?

DOSE is an acronym for the four brain chemicals responsible for our happiness: **Dopamine, Oxytocin, Serotonin, and Endorphins.**

Dopamine



This “feel-good” hormone and neurotransmitter is integral to your brain’s reward system. **It gives us a surge of reinforcing pleasure when we take action toward a goal, desire, or need.** When you complete a small task, learn something new, or get a “like” on your Instagram post, that feeling is Dopamine!

Oxytocin



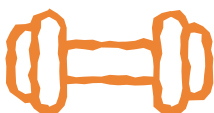
Oxytocin is our love and trust hormone. **This chemical is usually released when we make physical contact with someone we love.** Oxytocin helps us bond and build deep trust with our families and friends, creating lasting feelings of calm and safety.

Serotonin



Like Oxytocin, Serotonin is a social chemical that functions very differently — also known as the “leadership hormone,” **Serotonin is released when you feel significant.** It’s the brain chemical behind those feelings of pride, loyalty, accomplishment, and gratitude.

Endorphins



Also known as “runner’s high,” **Endorphins boost the energy, focus, and calm we typically feel after a good workout.** This chemical works like a natural pain-killer, released when we push our bodies beyond our comfort levels or persevere when we want to give up. A good, belly-aching laugh also releases it!

My Daily D.O.S.E

Now it's time for you to find your daily DOSE! Fill out the form below to "prescribe" your daily DOSE-age of happiness.

's Daily D.O.S.E.

Your Name

DOPAMINE:

Something positive that triggers a sense of gratification or satisfaction!
E.g., playing your favorite video game, making a list, finishing a book, buying something you've been saving up for, etc.

OXYTOCIN:

Something that makes you feel more bonded and connected with your loved ones! *E.g., petting your dog, hugging your parent or friend, etc.*

SEROTONIN:

Something that sparks a sense of pride or gratitude! *E.g., reflecting on a past accomplishment, journaling the highlights of your week, speaking up, etc.*

ENDORPHINS:

Something that gets your body moving and heart pumping! *E.g., a brisk walk, playing soccer, doing yoga, etc.*

Reflections & Actions

Make a plan to ensure you get your daily DOSE by setting intentions and planning strategies for your everyday life. Fill out the grid below so you have specific choices to follow and tools to remind you.

To increase my DOPAMINE

I will:

To help me remember, I will:

To increase my OXYTOCIN

I will:

To help me remember, I will:

To increase my SEROTONIN

I will:

To help me remember, I will:

To increase my ENDORPHINS

I will:

To help me remember, I will: