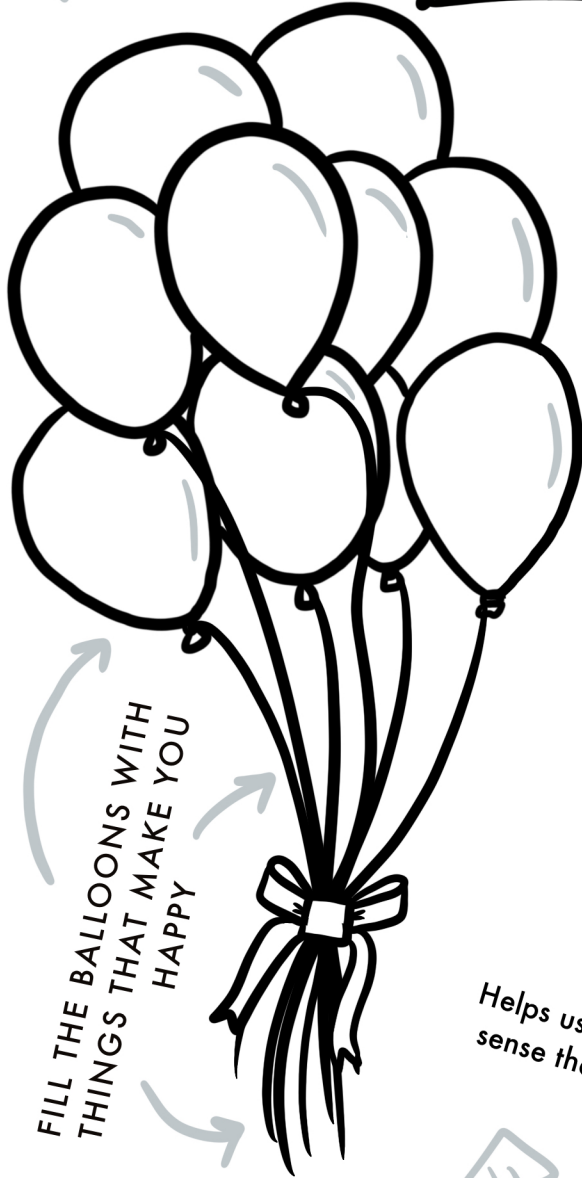


HOW TO HELP: D.O.S.E OF HAPPY

We have all been created in an amazingly complex way by God. Part of this includes chemicals in our brain that are involved in creating happy feelings. So, what are they?

COLOUR THESE TO THE LEVEL YOU THINK YOU MIGHT HAVE EACH CHEMICAL BASED ON THE INFO ON THIS PAGE!



FILL THE BALLOONS WITH THINGS THAT MAKE YOU HAPPY

Energises us, motivates learning and helps us accomplish good stuff



DOPAMINE

Generates feelings of trust and a desire to bond with other people



OXYTOCIN



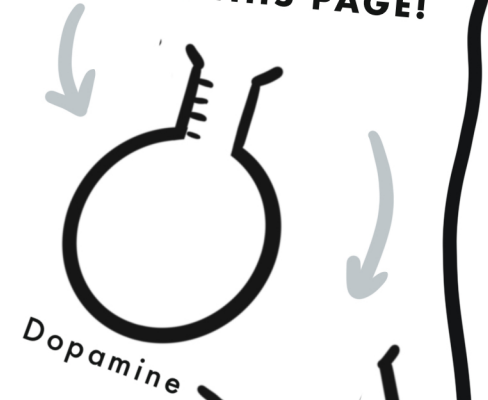
SEROTONIN

Helps us feel valued and produces a sense that 'we are okay as we are'

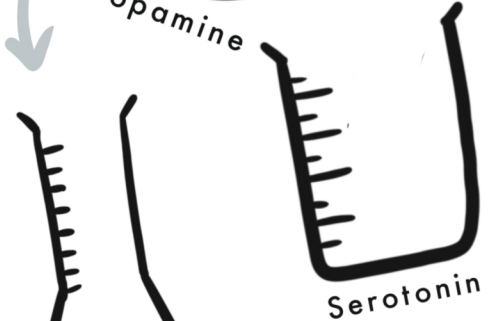


ENDORPHIN

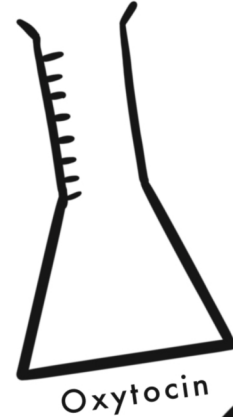
Releases that 'wahooooo' feeling and helps to overcome pain and stress



Dopamine



Serotonin



Oxytocin



Endorphin

MAY THE GOD OF HOPE BLESS YOU WITH COMPLETE HAPPINESS AND PEACE AS YOU TRUST IN HIM.
ROMANS 15:13

DO YOU EVER FEEL ANY OF THESE?

When we are low in any of these chemicals it can affect us in lots of ways. Tick any of the below that you have experienced.

DOPAMINE

- Low feelings about yourself
- Lack of 'get up and go'
- Unable to focus
- Feeling anxious
- Mood swings
- Feeling hopeless

ENDORPHIN

- Feeling anxious
- Aches & pains
- Having trouble sleeping
- Impulsive behaviour
- Feeling low/depression
- Mood swings

SEROTONIN

- Feeling sensitive
- Feeling anxious
- Mood swings
- Low feelings about yourself
- Feeling hopeless
- Fearful of social situations
- Having trouble sleeping

OXYTOCIN

- Feeling lonely
- Feeling stressed
- Low energy
- Feeling disconnected from others
- Feeling anxious
- Having trouble sleeping

Why not find some space and meditate on the verse above whilst colouring it in?

The great news is that there are things we can do to help get a bigger D.O.S.E of happy chemicals

Which of the ideas below could you have a go at adding into your day to day life? Jot down in the space at the bottom which you'll try!

- Listening to music > creates oxytocin
- Getting creative (make some art, write a song etc.) > creates dopamine and endorphin
- Eating foods like fish, chicken, tofu, milk, cheese, beans & nuts > they're all high in a dopamine creating acid called tyrosine
- Getting out into the sunlight > creates serotonin
- Write a daily to do list > helps create dopamine
- Taking a cold shower > creates serotonin and oxytocin
- Finding someone to laugh or cry with > creates endorphin
- Exercise (find something you enjoy) > creates all FOUR chemicals