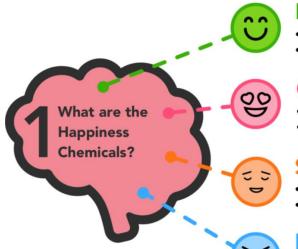


SUPPORTING THE HEALTH AND
WELLBEING OF THE ARMED
FORCES COMMUNITY AND
CIVILIAN FAMILIES IN
CORNWALL



GET YOUR DAILY D.O.S.E. OF HAPPINESS

How to get your daily DOSE of happiness chemicals



DOPAMINE

- Enables motivation, learning and pleasure
- Gives you determination to accomplish goals, desires and needs

OXYTOCIN

- Gives feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- · Feeling significant or important among peers
- · Calm form of accepting yourself with the people around you

ENDORPHIN

- · Releases a brief euphoria to mask physical pain
- · Response to pain and stress to alleviate anxiety and depression

How Deficiency Affects You

- procrastination
 - low self-esteem
 - lack of motivation
 - low energy or fatigue
 - · inability to focus
 - feeling anxious
 - feeling hopeless
 - mood swings
- feeling lonely
- stressed
- · lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- · low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obssession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and painsinsomnia
- impulsive behaviour









How to Increase Happiness Levels

- meditate
- daily to do list
- long term goals
- · food rich in L-Tyrosine
- exercise regulary
- create something: writing, music or art
- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage
- laughter/crying
- · creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate



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