

'Neurohacks': a DOSE of Happiness!

Dopamine	Oxytocin
<p style="text-align: center;"><i>Motivation.</i></p> <ul style="list-style-type: none"> • Learn something new. Make a connection. • Create space for 'Aha!' moments, for example, by doing cryptic crosswords. • Achieve a goal or taking a step towards it. Anticipation. Getting a reward of some kind. • Perform acts of kindness to others. • Volunteer and contribute. • Take action, no matter how small. • Celebrate – like your team just scored a goal. "Yes"! • Do the crazy dance (like no-one's watching)! • Get good sleep (go to bed half an hour earlier). • Exercise. • If things seem tough, say to yourself: "Yes, things are tough... <i>now let's go/let's do this!</i>" • Jump up and down and make a noise like a gorilla (but not on public transport). 	<p style="text-align: center;"><i>Connectedness, trust and empathy.</i></p> <ul style="list-style-type: none"> • Socialise with people you like and trust. Be trustworthy. • Build rapport and companionship. • Go back to a networking event and connect with people you recognise. • Tell people you are happy to be with them and that you are glad you met them. • Show empathy and closeness. • Hug when appropriate! • Listen actively to someone. • Eat with others. • Listen to music and sing. • Praise, compliment and encourage. • Choose only to engage positively with people (including online as well). • Imagine a cuddle with your loved one (if they are not with you) or your pet. • Make eye contact.
Serotonin	Endorphin
<p style="text-align: center;"><i>Good mood, serenity and hopefulness.</i></p> <ul style="list-style-type: none"> • Find meaning, purpose, significance. • Learn to frame and reframe. • Appreciate others. • Do some positive reminiscence/nostalgia. • Remember you are important... you matter. • Show gratitude. Count your blessings. • Enjoy sunshine and bright light. • Notice how you have influenced others and the positive difference you made in their life. • Choose to 'surrender' and sit in the passenger seat! • Be in the now. Bring yourself back to the Zero Point. • Meditate. • Acknowledge what you cannot control. 	<p style="text-align: center;"><i>Euphoria and determination.</i></p> <ul style="list-style-type: none"> • Laugh. • Smile. • Have fun and enjoy yourself. • See life through a humour lens... like a cartoon. • Cry at a moving moment or a momentary movie. • Exercise for a better mood. • Stretch. • Do yoga. • Meditate. • Do 'random acts of kindness'. • Have a hot bath. • Go for a walk round the office (or greenspaces). • Watch some silly stuff on e.g. youtube. • Do some deeeep breathing!

Dopamine, Oxytocin, Serotonin and Endorphin are the 'happy' chemicals in the brain.

Note: The origin of the acronym DOSE is unknown – I can't claim this one!

The ideas in each box were gleaned from research and personal knowledge/experience :0)