

# THE 'GOOD DAY' FORMULA

To pick up your mood & find your groove get your daily dose by choosing one thing from each section ahead to weave into your day!

## D O S E

Dopamine Oxytocin Serotonin Endorphins

Your 'reward' hormone.  
Gives you feelings of  
joy, satisfaction &  
motivation



### D IS FOR DOPAMINE

Increase your dopamine by getting a good nights rest, listen to your favorite song, spend 5 mins meditating, 3 mins of breath work, eat a high protein snack, get sunlight to balance levels of iron, folate, and vitamin B6

Your 'love' hormone  
or cuddle chemical!  
Feelings of bonding  
& connection



### O IS FOR OXYTOCIN

Increase your oxytocin by cuddling a pet, hug a loved one, give yourself a hug, get a massage, meditation, write a love letter to yourself, or someone you are grateful for!

Happy hormone.  
Involved in mood,  
digestion, satisfaction  
& optimism.



### S IS FOR SEROTONIN

Increase serotonin by exercising, yoga, somatic practices. Spend 10 mins grounding your bare feet to the ground, watch a funny movie, look into supplements like 5-HTP.

'Feel good' hormone  
Alleviates pain, lower  
stress, improves mood  
& sense of well-being.



### E IS FOR ENDOPRHINS

Increase your endorphins by exercising, eat spicy foods, get acupuncture, have dark chocolate, laugh, or dance!