

**Your Daily Dose of Happy Chemicals.**

**Dopamine, Oxytocin, Serotonin, Endorphins**

**Do as many of these activities as you can and tick box when an activity is completed:**

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| Mindfulness  |  |
| Self-care |  |
| Sing/listen to music |  |
| Dance |  |
| Laugh/smile |  |
| Go for a walk  |  |
| Draw/puzzles |  |
| Cuddles |  |
| Complete task list  |  |
| Chat to friends and loved ones |  |
| Yoga  |  |
| Meditation  |  |
| Go outdoors  |  |
| Show gratitude  |  |
| Stop and take 3 deep breaths |  |