

100 WAYS TO RELEASE OXYTOCIN

1. HAVE HUGS AND CUDDLES
2. LISTEN TO MUSIC
3. DO SOMETHING KIND
4. GET LOTS OF NATURAL SUNLIGHT
5. TRY YOGA
6. GET OR GIVE A MASSAGE
7. TELL SOMEONE YOU CARE
8. SPEND TIME WITH FRIENDS
9. TRY MEDITATION
10. SHARE A TREAT WITH SOMEONE
11. STROKE A DOG
12. EAT A BANANA
13. GIVE SOMEONE A GIFT
14. TAKE VITAMIN C
15. PLAY OUTDOORS
16. NIBBLE SOME DARK CHOCOLATE
17. PLAY WITH A BABY
18. HOLD HANDS WITH SOMEONE
19. SMILE WARMLY
20. TALK ABOUT YOUR FEELINGS
21. SING SONGS OUT LOUD
22. TALK TO YOUR FRIENDS
23. MAKE A DONATION
24. WATCH A FUNNY TV SHOW
25. GROW SOMETHING IN THE GARDEN
26. EAT AVOCADO
27. PLAY WITH A DOG
28. GIVE A COMPLIMENT
29. MAKE EYE CONTACT
30. SPEND TIME WITH FAMILY
31. WATCH A FEEL-GOOD MOVIE
32. HAVE A SLEEPOVER
33. GO FOR A BIKE RIDE
34. TEXT SOMEONE YOU HAVEN'T SPOKEN TO IN A WHILE
35. BREATHING EXERCISES
36. STRETCHES
37. SHARE A MEAL
38. GO TO THE HAIRDRESSERS
39. HAVE A WARM BUBBLE BATH
40. ENGAGE ON SOCIAL MEDIA
41. SAY I LOVE YOU
42. EAT WATERMELON
43. HAVE A GOOD CRY
44. CHAT ON THE PHONE
45. GO SWIMMING
46. LAUGH
47. GO SHOPPING
48. READ TO SOMEONE
49. HAVE AN OUTDOOR PICNIC
50. GO FOR A NATURE HUNT
51. SHARE A BAR OF CHOCOLATE
52. GO FOR A RUN
53. GET PLENTY OF SLEEP
54. DO SOME SKIPPING
55. EAT NUTS AND SEEDS
56. USE DAILY AFFIRMATIONS
57. TELL A FUNNY STORY
58. VOLUNTEER TO HELP OUT
59. LISTEN INTENTLY
60. OFFER HELP TO A STRANGER
61. TAKE A NAP
62. DRINK CHAMOMILE TEA
63. PLAY WITH YOUR PETS
64. RUB YOUR TEMPLES
65. ASK SOMEONE TO READ A BEDTIME STORY
66. TREAT YOURSELF
67. DANCE TO SOME MUSIC
68. DO SOME COLOURING
69. HAVE A RACE WITH SOMEONE
70. KEEP A DIARY
71. BOUNCE ON A TRAMPOLINE
72. LEARN SOMETHING NEW
73. ASK SOMEONE WHAT THEY LOVE ABOUT YOU
74. EAT LEAFY GREENS
75. TELL YOURSELF WELL DONE
76. BLOW BUBBLES
77. BAKE A CAKE
78. TIDY YOUR BEDROOM
79. PRACTICE MARTIAL ARTS
80. WATCH CUTE ANIMAL VIDEOS
81. GO TO THE PARK
82. APPLY A FACE MASK
83. HAVE A GOOD CLEAR-OUT
84. USE ESSENTIAL OILS (JASMINE)
85. LOOK AT FAMILY PHOTOS
86. DRINK PLENTY OF WATER
87. PLAY A BOARD GAME
88. PAINT YOUR NAILS
89. EAT SCRAMBLED EGG
90. FOLLOW A TASTY RECIPE
91. ARRANGE TO MEET FRIENDS
92. GET YOUR HAIR STROKED
93. RIDE A ROLLERCOASTER
94. HOLD HANDS WATCHING A FILM
95. DO A GUIDED MEDITATION
96. TRY LAUGHING YOGA
97. FACETIME A FRIEND
98. SEND A VIDEO MESSAGE
99. SEND A POSTCARD
100. COOK WITH A PARENT

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