

100 WAYS TO RELEASE SEROTONIN

1. EAT BALANCED MEALS
2. GO COLD WATER SWIMMING
3. RIDE YOUR BIKE TO SCHOOL
4. GO FOR A BRISK WALK
5. GO FOR A JOG
6. HIKE UP A HILL
7. DAILY EXERCISE
8. SPEND TIME OUTSIDE
9. EXERCISE OUTSIDE
10. INCREASE PROBIOTICS IN DIET
11. TRY FERMENTED YOGHURT
12. TRY SAUERKRAUT
13. GET A MASSAGE
14. VISUALISE A HAPPY MOMENT
15. THINK ABOUT A POSITIVE EXPERIENCE
16. DO A YOGA POSE
17. EAT MORE EGGS
18. EAT MORE CHEESE
19. INCLUDE PINEAPPLES IN DIET
20. SPEND TIME IN NATURE
21. MEDITATE
22. PRACTICE GRATITUDE
23. USE ESSENTIAL OILS
24. SET REALISTIC GOALS
25. DO YOUR MIRROR MANTRAS
26. FIND A NEW HOBBY
27. COOK NEW RECIPES
28. TALK TO FRIEND
29. REDUCE STRESS
30. READ A BOOK
31. EAT PROTEIN RICH FOODS
32. SNACK ON SEEDS
33. INCREASE WATER INTAKE
34. SHOW GRATITUDE
35. KEEP A JOURNAL
36. LISTEN TO UPBEAT MUSIC
37. DECLUTTER YOUR WARDROBE
38. GIVE THINGS TO CHARITY
39. THINK ABOUT WHAT WENT WELL
40. LOOK OUT FOR WILDLIFE
41. DANCE TO MUSIC
42. CUT OUT JUNK FOOD
43. LISTEN TO MUSIC
44. CALL A FRIEND
45. SAY WHAT YOU FEEL
46. TALK IT OUT
47. PAINT A PICTURE
48. WRITE A SHORT STORY
49. SING ALONG TO A SONG
50. RIDE A BIKE ON THE BEACH
51. BEGIN A WORKOUT PROGRAM
52. TAKE UP KARATE
53. LISTEN TO AN AUDIOBOOK
54. LISTEN TO A PODCAST
55. GUIDED MEDITATION
56. TAKE A YOGA COURSE
57. GET LOTS OF SLEEP
58. STAY HYDRATED
59. EAT HEALTHY
60. PLAY TENNIS
61. PLAY BADMINTON
62. LISTEN TO CALM MUSIC
63. SNACK ON NUTS
64. JOIN A DANCE CLASS
65. TIDY UP THE GARDEN
66. CLEAN OUT A CUPBOARD
67. REDUCE SCREEN TIME
68. PET A DOG
69. GO TO A GIG
70. ATTEND A FESTIVAL
71. GO ON A CAMPING TRIP
72. LISTEN TO THE SEA
73. SMILE AT STRANGERS
74. SNACK ON PEANUT BUTTER
75. HUG A FRIEND
76. TAKE UP WOODWORK
77. KNIT A JUMPER
78. GIVE A GIFT
79. LEARN TO DRUM
80. TAKE A LONG BATH
81. CELEBRATE A WIN
82. EAT ASPARAGUS
83. EAT AVOCADOS
84. AVOID SWEETENERS
85. REDUCE YOUR COFFEE INTAKE
86. EAT A GREEN SALAD
87. TRY ART THERAPY
88. TIDY OUT A DRAWER
89. WATCH AN ANIMAL PROGRAM
90. WATCH A FUNNY VIDEO
91. TAKE UP MARTIAL ARTS
92. EXPLORE WHERE YOU LIVE
93. READ UP ON HISTORY
94. LEARN A NEW LANGUAGE
95. MAKE A BANANA SPLIT
96. TAKE AN ART COURSE
97. TEXT AN OLD FRIEND
98. START A GRATITUDE JOURNAL
99. TRY WATER SPORTS
100. WATCH THE SUNRISE

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