

Take a DOSE each day

1 Morning:

Avoid social media for the first hour. Do other tasks first.

Get sunlight - 15 minutes (walk or sit outside).

Do a quick workout (walking/jogging, or stretching). This can be sunlight time too.

Share a connection with someone else (hand shake, high five, dap them up).

2 Throughout the day

Eat healthy meals with tryptophan-rich foods.(natural non processed foods).

Take mindful breaks (tune out and observe, deep breathing, stretching).

Engage in real-life social interaction (call or meet someone, express gratitude or ask genuine questions about them and their life/night/day).

Focus on deep work before rewarding yourself (Instant rewards like social media, tiktok, instagram).

Do a physical activity (run, training, or gym).

Spend time outside and in a natural setting. Bare feet on the grass!

Listen to uplifting music or laugh out loud (comedy, fun activity).

3 Evening:

Limit screen time before bed and reflect on the day's achievements, however small!

Be grateful for the opportunities, achievements or people you met/interacted with.



DOSE
Dopamine
Oxytocin
Serotonin
Endorphins