

Kalmer & DOSE

DOPAMINE OXYTOCIN SEROTONIN ENDORPHINS

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS

WINTER HAPPINESS WORKBOOK

Manage your happiness this winter. This pack introduces you to hygge and includes activities to manage your happy hormones during the winter months.



During the winter months we are exposed to less sun light, this can affect our mood as the level of our happy hormone Serotonin drops. This can mean we feel like we have less energy and we want to retreat, we stay in more than we go out. Often we find it hard to concentrate and motivate ourselves which can lead us to feel sad. Our mood is boosted by the sunlight and warmth of the summer, something our bodies crave. It is important in the winter to acknowledge that the dark mornings and dark nights as well as rain and grey days can impact our mood. Yet we are able to actively help boost our own happy hormones.



YOU CAN FIND ALL OF OUR FREE
RESOURCES AT;

WWW.DOSEMAGAZINE.CO.UK

CREATE A HYGGE DEN

First we introduce Hygge and then teach you how to make a Hygge den in your own home.

DOWNLOAD NOW



BRIGHTEN YOUR DAY

Create a reminder poster filled with all the things that makes you happy, then work your way around the rays.

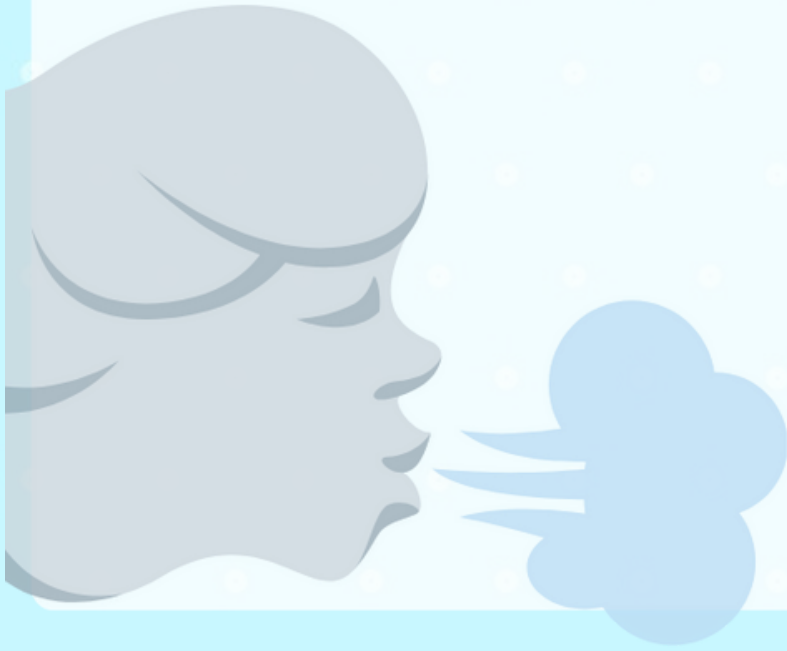
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HAPPINESS VISION BOARD

Use stickers, cut outs, photos and drawings to create a Happiness Vision board filled with things that make you feel happy. When you look at the board you should smile and feel a wave of happiness.





WINTER BREATH

Using breathing techniques calms the nervous system and allows us to become more focused.

WINTER FOODS

Winter foods that boost your happy hormones.



BANANAS ARE A GREAT PRE-EXERCISE FOOD, THEY GIVE YOU ENERGY AND HELP THE RELEASE OF HAPPY HORMONES ENDORPHINS AND SEROTONIN



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