

Make sure everything you read about the virus is factual -

<https://www.gov.uk/coronavirus>  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>



You absolutely **MUST** follow Government guidelines **EVERY DAY** no exceptions.

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

Tips for Staying Healthy  
Week 7

# Happiness Chemicals and how to hack them



## DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



## OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



## SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



## ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



You might be feeling excited about the road map out of lockdown, or you may be feeling apprehensive.

You might be stuck on the Coronacoaster and your feelings change all the time.

Try at least one of these every day to boost your happiness.

### Useful Websites

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

<https://www.kooth.com>