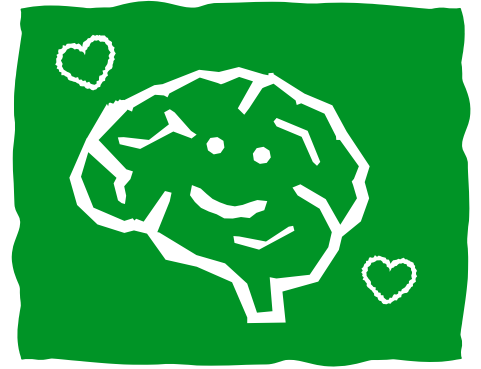


My Daily D.O.S.E.

There are four brain chemicals that are responsible for our ultimate happiness. Use this activity to learn what they are and how you can use them to get your daily D.O.S.E. of happiness!



Materials

The Upstanders video clip
(on CCT activity webpage)

My Daily D.O.S.E. worksheet
(included below)

My Daily D.O.S.E. answer sheet
(included below)

Writing utensil

Group Leader Instructions

PRINT & DISTRIBUTE: Print a copy of the My Daily D.O.S.E. worksheet for each member of the group and a single copy of the My Daily D.O.S.E. answer sheet for your own reference.

WATCH: Play the 1.5-minute video clip on the My Daily D.O.S.E. activity webpage.

REVIEW: As a group, go through the My Daily D.O.S.E. worksheet. Start with reviewing what D.O.S.E. stands for, then have each person test their knowledge with the matching game. Go through the correct answers together.

BRAINSTORM & SHARE: Give the group some time to figure out their own Daily D.O.S.E. Then have everyone share!

Individual Instructions

1

WATCH

Play the 1.5-minute video clip on the My Daily D.O.S.E. activity webpage.

2

WORKSHEET

Go through the My Daily D.O.S.E. worksheet.

3

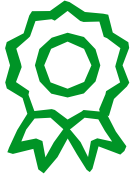


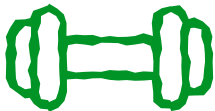
BRAINSTORM

Take some time to figure out your own Daily D.O.S.E. The goal is to use it to bring more joy into your day!

My Daily D.O.S.E.

What Does D.O.S.E. Stand For?

D.O.S.E. is an acronym for the four happiness brain chemicals: **Dopamine, Oxytocin, Serotonin, and Endorphins**. Together, these 4 brain chemicals are responsible for our ultimate happiness!

<p>Dopamine</p> 	<p>This “feel-good” hormone and neurotransmitter is an important part of your brain’s reward system: it gives us a surge of reinforcing pleasure when we take action towards a goal, desire, or need. That little happy feeling when you complete a small task, learn something new, or get a “Like” on your Instagram post? That’s Dopamine!</p>
<p>Oxytocin</p> 	<p>Oxytocin is our love and trust hormone. This brain chemical is usually released when we make physical contact with someone we love. Oxytocin helps us bond and build deep trust with our families and friends and creates lasting feelings of calm and safety.</p>
<p>Serotonin</p> 	<p>Like Oxytocin, Serotonin is a social chemical—but it functions much differently! Also known as the “leadership hormone,” serotonin flows when you feel important or significant. It’s also the brain chemical behind feelings of pride, loyalty, accomplishment, and gratitude.</p>
<p>Endorphins</p> 	<p>Also known as “runner’s high,” Endorphins give us that boost of energy, focus, and calm we typically feel after a good workout. This brain chemical essentially works like a natural pain-killer; it’s released when we push our bodies beyond our comfort levels or persevere when we want to give up. It’s also released by a good, belly-aching laugh!</p>

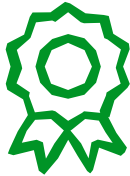
My Daily D.O.S.E.

TEST YOUR KNOWLEDGE: A MATCHING GAME

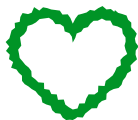
Draw a line from each "Happy Trigger" to the brain chemical it releases:

BRAIN CHEMICALS

Dopamine



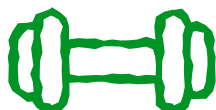
Oxytocin



Serotonin



Endorphins



HAPPY TRIGGERS

Receiving a compliment

Having a dance party

Getting a back rub

Crossing an item off
a to-do list

My Daily D.O.S.E. _____ 's Daily D.O.S.E.

Your Name

Now it's time for you to find your daily D.O.S.E. Fill out the prescription below to form for your daily DOSE-age of happiness.

DOPAMINE _____

Something positive that triggers a sense of gratification and/or satisfaction! e.g. playing your favorite video game, making a list, buying that thing you've been saving up for, etc.

OXYTOCIN _____

Something that will make you feel more bonded and connected with your loved ones! e.g. petting your dog, hugging your mom, etc.

SEROTONIN _____

Something that will spark a sense of pride or gratitude! e.g. reflecting on a past accomplishment, journaling the highlights of your week, etc.

ENDORPHINS _____

Something that will get your body moving and heart pumping! e.g. a brisk walk, playing soccer, doing yoga, etc.

My Daily D.O.S.E.

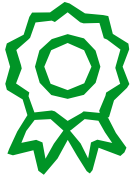
TEST YOUR KNOWLEDGE: A MATCHING GAME ANSWER SHEET

Draw a line from each "Happy Trigger" to the brain chemical it releases:

BRAIN CHEMICALS

HAPPY TRIGGERS

Dopamine



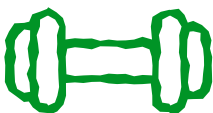
Oxytocin



Serotonin



Endorphins



Receiving a compliment

Having a dance party

Getting a back rub

Crossing an item off
a to-do list

