

Kalmer & DOSE

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

APR 2022

APRIL THIS ISSUE WE FOCUS ON: HAPPINESS

April is all about new beginnings, we spring forward into a new season filled with warmer days, lighter mornings and lighter nights. It's a month of baby animals being born with lots of new lambs, chicks and bunnies.

New beginnings are a great time to focus on creating new and healthy habits. A happiness habit is the best habit to start. Taking control of your happiness and actively boosting your happy hormones can have a great impact on your day. We have filled this newsletter with activities to help you understand and boost your happy hormones.

HAPPINESS PLANNER

Each of our happy hormones is boosted in different ways. Some activities boost more than one happy hormone at the same time.

Using a weekly planner to map out ways you can boost each of your happy hormones each day makes you more focused and in control of your happiness. Sign up to DOSE Magazine and receive a blank Happiness planner plus four weeks' worth of happy activity inspiration.

Each week plan your DOSE activities to release those happy hormones	D DOPAMINE Self Care, Completing a Task, Mindful Actions & Activities, Achieving Goals, Being Creative, Getting Enough Sleep.	O OXYTOCIN Physical Touch, Cuddling, Holding Babies, Playing with Animals, Playing Games, Socialising, Caring or Receiving a Massage.	S SEROTONIN Exercise, Sunbathing, Running, Cold Showers, Taking Autonomous Action, Meditation.	E ENDORPHINS Laughter, Crying, Creating Art, Creating Music, Eating Spicy Food, Meditation, Exercising, Stretching, Working Comedy.
MONDAY	Early Night	Facetime friend	Morning Run	Morning Run
TUESDAY	Bubble Bath	Take dog to the beach to play	Take dog to the beach to play	Eat Spicy Curry
WEDNESDAY	Tidy Wardrobe	Give a compliment	Take a cold shower	Take a cold shower
THURSDAY	Face Mask	Mindful breathing	Eggs + Avocado on Toast for Breakfast	Meditate
FRIDAY	Bubble Bath	Family board game night	Power Walk around park	Eat Dark Chocolate
SATURDAY	Afternoon Nap	Go for a walk with a friend	Massage	Watch Live Comedy
SUNDAY	Reading 2 chapters of book	Morning Yoga	Order the food for week ahead	Bath with Essential Oils

BE MINDFUL, FEEL HAPPY, GET MOTIVATED & RELAX

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100 WAYS TO BOOST YOUR HAPPY HORMONES

100 FOR KIDS WAYS TO RELEASE DOPAMINE

1. MAKE A VISION BOARD
2. MAKE AN ACHIEVEMENT TO DO LIST
3. GET OUT INTO DAYLIGHT
4. HAVE AN EASY NIGHT
5. EAT FOOD RICH IN TYROSINE
6. LIST YOUR DAILY ACHIEVEMENTS
7. FINISH A TASK
8. CELEBRATE EVERY WIN
9. SHARE ACHIEVEMENTS
10. TRY A NEW FOOD
11. EAT REGULAR MEALS
12. MAKE A LEGO HOUSE
13. AVOID ARGUMENTS
14. LISTEN TO YOUR FAVE MUSIC
15. DANCE A SUPERHERO
16. LEARN A NEW YOGA POSITION
17. PRACTISE POSITIVE AFFIRMATIONS
18. EAT LESS SATURATED FAT
19. MAKE A LIST OF WHAT YOU CAN SEE
20. EAT DARK CHOCOLATE
21. HUG SOMEONE
22. TRY A NEW SPORT
23. ASK A PARENT WHAT THEY LOVE ABOUT YOU
24. HAVE ENOUGH SLEEP
25. ADD TURNIPS TO FOOD
26. VOICE YOUR OPINIONS
27. GIVE YOURSELF A HUG
28. MAKE A SCHEDULE/PLANNER
29. EAT YETIET READS
30. TRY A NEW RECIPE
31. EAT YOUR FAVOURITE BREAKFAST
32. MAKE A FEEL GOOD PLAYLIST
33. TAKE A PHOTO OF NATURE
34. TAKE A COLD SHOWER
35. GIVE HIGH FIVE
36. SEND A MESSAGE
37. ORGANISE YOUR BOOKS
38. PAY MUSIC
39. EAT A HEALTHY LUNCH
40. SHAKE SOMEONE'S HAND
41. TICK OFF YOUR TO DO LIST
42. WRITE YOURSELF A CERTIFICATE
43. SPEAK TO SOMEONE NEW
44. WASH HANDS WITH COLD WATER
45. MEDITATE
46. TELL SOMEONE SOMETHING YOU HAVE DONE GOOD THAT DAY
47. FIND A NEW COUNTRY ON THE MAP
48. HAVE A SONG TO YOURSELF
49. WRITE IN A JOURNAL
50. MAKE DREAMS OUT OF PANTS
51. IMAGINE YOUR DREAM JOB
52. REFLECT ON YOUR DAY
53. EAT NUTS AND SEEDS
54. WRITE A GRATITUDE LIST
55. READ A BOOK
56. WATCH SOMETHING NEW
57. HOOVER YOUR ROOM
58. LIST WHAT YOU ARE GOOD AT
59. FIRM SOLES
60. DRAW AN ANIMAL
61. WRITE A LETTER
62. RUN ON THE SPOT
63. TRY A DREAM
64. DO A VICTORY DANCE
65. HUG A TEDDY
66. MAKE SCRAMBLED EGGS
67. LISTEN TO A NEW ARTIST
68. SAY HELLO TO YOURSELF
69. CLIMB THE STAIRS
70. SMILE
71. EAT ONLY FISH LIKE SALMON
72. SAY THANK YOU
73. EAT YOUR FAVOURITE FRUIT
74. DO A ROCKY FIGHT
75. HAVE A HEALTHY DEBATE
76. USE A BATH BOMB
77. WASH THE DISHES
78. EAT AN OMELETTE
79. TALK A BATH
80. TRY A NEW VEGETABLE
81. CONGRATULATE YOURSELF
82. Tidy YOUR DESK
83. SING A SONG OUT LOUD
84. EAT A BANANA
85. EAT A YOGHURT
86. MAKE A SOCK PUPPET
87. WALK AROUND THE GARDEN
88. USE ESSENTIAL OILS
89. CONGRATULATE SOMEONE
90. TUCKER AWAY OLD TOYS
91. MAKE A LEGO ANIMAL
92. TALK ABOUT YOUR GOALS
93. BAKE COOKIES
94. EAT YOUR FAVOURITE FOOD
95. DISCOVER 3 NEW FACES
96. DO A FAMILY TREE
97. WRITE A STORY
98. DO A FAMILY TREE
99. Tidy THE GARDEN
100. LIST 5 HAPPY MEMORIES

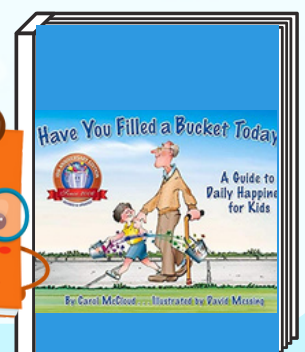
ADD THEM TO YOUR DOSE PLANNER

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Download 100 ways to boost Dopamine, Oxytocin, Serotonin and Endorphins from the DOSE magazine website.

HAVE YOU FILLED A BUCKET TODAY?

This book encourages positive behaviour by using the concept of an 'invisible bucket' that holds your good thoughts and feelings. When you do something kind, you fill someone's bucket; when you do something mean, you dip into someone's bucket and remove some good thoughts and feelings.

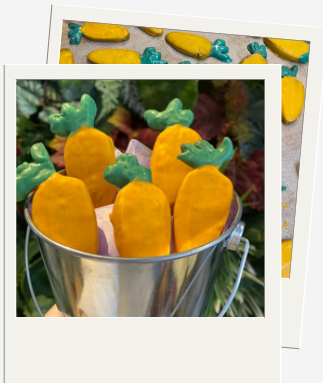


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DOSE is an acronym for the brains happy hormones, Dopamine, Oxytocin, Serotonin and Endorphins. We can manage our own DOSE hormones to boost our own happiness.





INGREDIENTS

- 100g unsalted butter
- 100g caster sugar
- 1 egg
- 275g plain flour
- 200g icing sugar
- Orange & Green food colour

METHOD

- Preheat the oven to 190C
- Line a baking tray with greaseproof paper
- Cream the butter and sugar together in a bowl. Beat in the egg until well combined.
- Stir in the flour and bring together to form a dough.
- Roll the dough out on a lightly floured work surface to a thickness of 1cm.
- Using biscuit cutters in the shape of a carrot, cut biscuits out of the dough and carefully place onto the baking tray.
- Bake for 8-10 minutes, or until pale golden-brown. Set aside to harden for 2 minutes, then cool on a wire rack.
- For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture.
- Split into two bowls, mix the orange food colouring into one and green into another.
- Using a paintbrush paint the orange onto the carrot and green onto the leaves.

EASTER CARROT BISCUITS



EASTER POSITIVE POSTCARDS

PRINT ANY OR ALL OF THE POSTCARDS IN THIS PACK AND WRITE A PERSONAL MESSAGE ON THE BACK. POP THEM THROUGH THE DOORS OF YOUR NEIGHBOURS, GIVE ONE TO YOUR TEACHER, OR SEND TO A FAMILY MEMBER TO BRIGHTEN UP THEIR DAY.



YOU COULD EVEN DESIGN YOUR OWN POSITIVE POSTCARDS. WHAT POSITIVE MESSAGE WOULD YOU WRITE ON YOUR POSTCARDS?

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SEND EASTER POSITIVE POSTCARDS

Pop them through the doors of your neighbours, give one to your teacher, or send it to a family member to brighten up their day. You could even design your own positive postcards and add your favourite quotes or designs. Kindness helps boost our happy hormone Oxytocin. The natural high is not only felt by the person receiving the postcard, but also the person giving the postcard. Happy Easter.

Download yours for free from www.dosemagazine.co.uk



CHOCOLATE BOOSTS ALL FOUR HAPPY HORMONES

DOPAMINE
OXYTOCIN
SEROTONIN
ENDORPHINS

This is why we feel warm and fuzzy when we eat chocolate and why we want to eat more.

MIRROR MANTRA

I AM
CHOOSING
TO HAVE A
GOOD DAY



A mantra is a positive statement or word which is repeated out loud (or in your head). Repeat the mantra THREE times on a morning while looking into the mirror and again before bed. If this is repeated in school as part of a group the power is even stronger.

Repeating the Mantra calms the mind and helps us focus on the words.

Using a mirror means you make eye contact with yourself which boosts self-kindness and self-compassion.

Our brain is programmed to believe what we see and by looking into the mirror as you say your mantra you will have a deeper belief in the words you say.