

Kalmer & DOSE

DOPAMINE OXYTOCIN SERETIN ENDORPHINS

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

SUMMER HAPPINESS WORKBOOK



Manage your happiness this summer. We have included 400 ideas to boost your happy hormones plus lots of happiness activities, a gratitude journal, happy recipes and happy yoga.

DOWNLOAD NOW

WEEKLY GRATITUDE JOURNAL

There is a journal page for each week where you are prompted to think about what will make you happy in the week ahead as well as reflect on those things that made you happy at the end of the week.



YOU CAN FIND ALL OF OUR FREE RESOURCES AT;

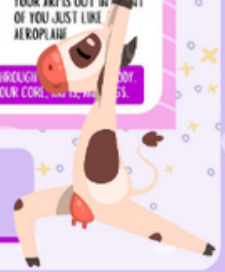
WWW.DOSEMAGAZINE.CO.UK

HAPPY YOGA

We have created a seven-day step by step guide to mastering happy yoga. Each day follow the animal instructions and learn a new pose. Yoga boosts all four of your happy hormones, dopamine, oxytocin, serotonin, and endorphins.

Download your Happy Yoga guide here;

www.dosemagazine.co.uk



THE FLYING COW

- 1 GET READY TO YOGA! STAND UP TALL WITH YOUR FEET TOGETHER
- 2 TAKE A DEEP BREATH IN, FOCUS AND STRETCH ONE LEG OUT BEHIND YOU
- 3 ONCE YOU ARE STEADY ON ONE LEG, TIP YOUR BODY FORWARD AND STRETCH YOUR ARMS OUT IN FRONT OF YOU JUST LIKE AN AEROPLANE
- 4 HOLD THE POSITION FOR A FEW SECONDS, REPEATING TO BREATHE
- 5 RETURN TO THE START POSITION AND REPEAT WITH THE OPPOSITE LEG

DOSE THIS TRICKY POSE NEEDS A LOT OF BALANCE AND STABILITY THROUGHOUT YOUR BODY. THIS IS A GREAT POSE FOR USING ALL OF YOUR MUSCLES IN YOUR CORE, LEGS AND ARMS.

DOWNLOAD NOW



HAPPY RECIPEASY

We have included six summer Happy Recipeasy cards to make this summer holidays. Not only does the making of the food release your happy hormones but the food itself triggers happy hormones.

MINDFUL BREATHING TECHNIQUES

Deep breathing is a miraculous healing exercise. It informs our body that we can relax by triggering the part of the nervous system that is responsible for this.

