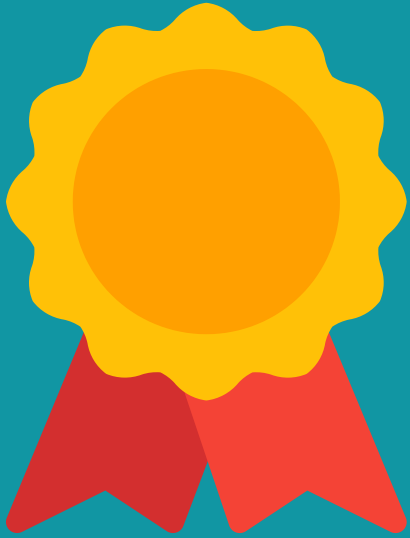


Able Futures daily D.O.S.E challenge for naturally produced 'feel good' chemicals



_DOPAMINE
the reward chemical

- completing a task
- practice self care
- eating food
- celebrate achievements



_OXYTOCIN
the love hormone

- play with your pet
- listen to your favourite song
- Random Act of Kindness
- Give a compliment



_SEROTONIN
the mood stabiliser

- meditating
- running
- sun exposure
- walk in nature



_ENDORPHIN
the pain killer

- laughter
- exercise
- watch a comedy
- dark chocolate