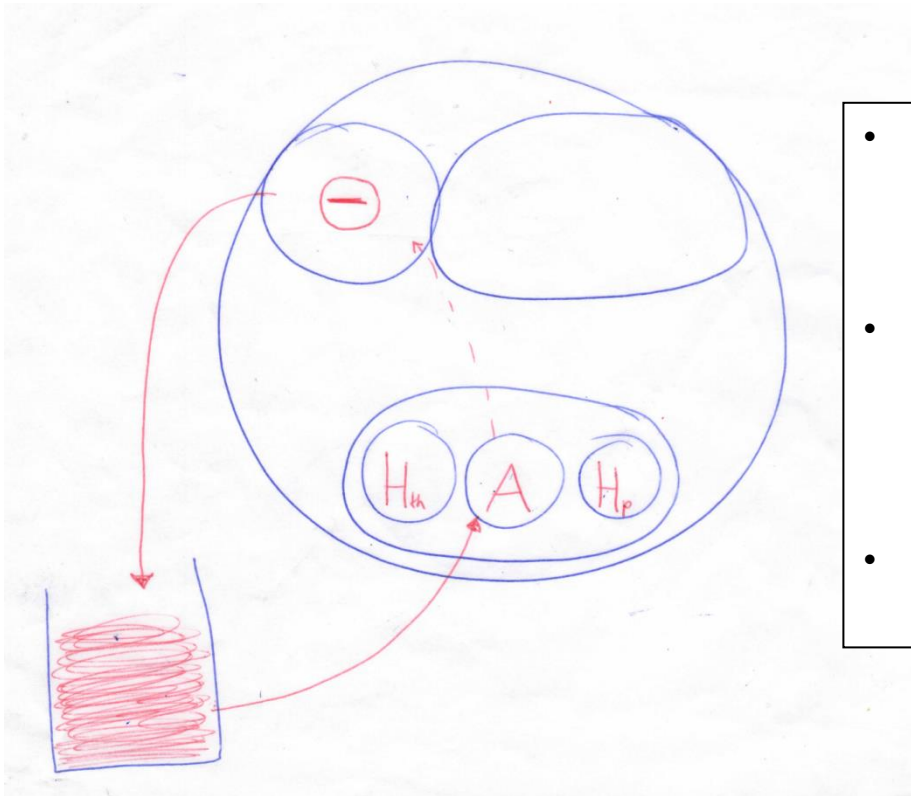
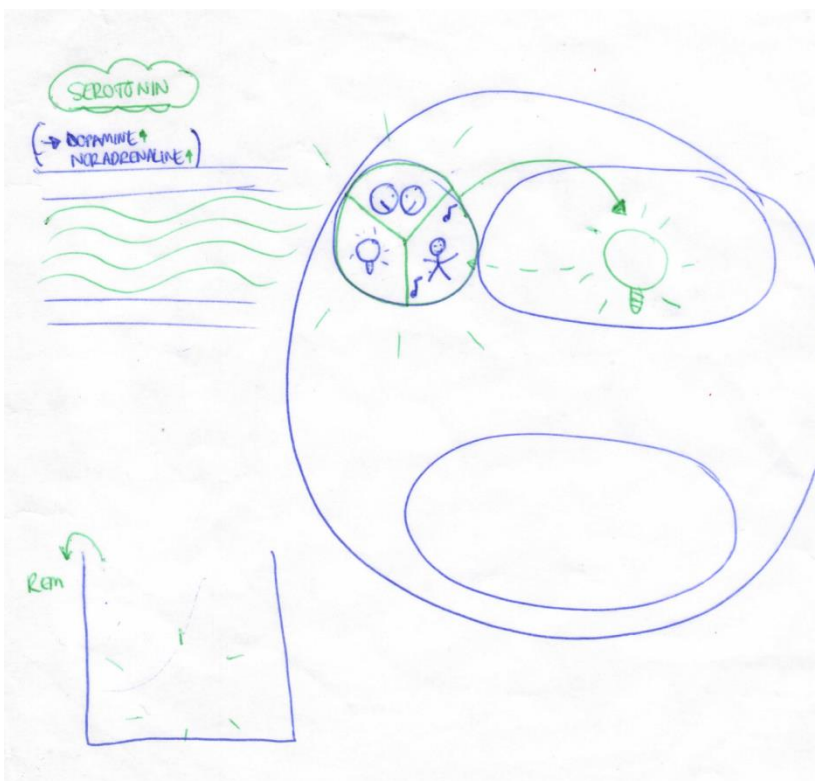


Your brain – problems & solutions



- Every negative thought you have fills up your "stress bucket"
- Your limbic system now creates **more negative thoughts, feelings & behaviours**, to help you "survive the danger"
- You're **more likely to think negatively** > vicious cycle!



- "REM Sleep" empties your stress bucket
- **Positive thoughts, activities and interactions** produce Serotonin
- Serotonin makes us feel calm, confident & in control - **happy!** :)

Bottom line:

Positive activities, interactions & thinking = 😊

Examples for making Serotonin (there's no limit so have fun finding more!) 😊

Positive thoughts (mind)	Positive activities (body)	Positive interactions (social)
<p>How can I get Serotonin?</p> <p>Positive memories</p> <p>Positive plans</p> <p><i>Considering options & solutions</i></p>	<p>Sleeping</p> <p>Getting up & dressed</p> <p>Basic hygiene</p> <p>Food + water</p>	<p>Text / Email</p> <p>Pet / animal (nurturing)</p> <p>Facebook / social media</p> <p>Phone</p>
<p>Awareness & noticing</p> <p>Discovering</p> <p>Reading</p> <p>Puzzles</p> <p>Meditation & techniques</p> <p>Positive outlook</p> <p>Learning</p> <p>Solving problems</p>	<p>Cleaning & Tidying</p> <p>Music</p> <p>Singing</p> <p>Dancing</p> <p>Hobbies</p> <p>Sport & exercise</p> <p>Playing games</p> <p>Arts & crafts</p>	<p>Kindness & respect</p> <p>Smiling</p> <p>Compliments</p> <p>Having a laugh</p> <p>Friendly eye contact</p> <p>Sharing opinions</p> <p>Being genuine</p> <p>Meeting up & hanging out</p>

Feeling low, tired or depressed? Moving up through the gears can be very helpful!

Easier positives give you **some Serotonin to feel a bit better & help you do other things...**

... then it's easier to get **a bit more...**

...before you know it you'll be cruising again **just like all the other times you recovered!** 😊



	Positive thoughts (mind)	Positive activities (body)	Positive interactions (social)
5	Learning & working	Exercise & sport	Meeting up
4	Thinking of solutions + Outlook	Hobbies Cleaning & tidying up	Skype Phone
3	+ Meditation & mindfulness	Food & water	Social media
2	+ Memories	Hygiene	Email
1	+ How can I get Serotonin?	Getting dressed	Text

