



Sanctus.

# LOCKDOWN TOOL KIT

## DOPAMINE

*The Reward Chemical*

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

## OXYTOCIN

*The Love Hormone*

- Playing with a dog
- Listen to music
- Do something nice for someone
- Give a compliment

## SEROTONIN

*The Mood Stabilizer*

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

## ENDORPHIN

*The Pain Killer*

- Laughter exercise
- Watch a comedy
- Dark chocolate
- Exercising