

## In Times of Insanity, Prioritize Your Own Sanity

### **Boost your dopamine**

**Dopamine** is known as the feel-good neurotransmitter – it contributes to feelings of pleasure and satisfaction; boosts mood, motivation and attention; and helps regulate movement, learning and emotional responses. Be extra intentional about breaking your goals into small, achievable milestones. Then celebrate the goals you've achieved every day. This will boost dopamine levels, helping you stay on track and eliminate self-doubt. Counteract the negative effects of anxiety by being present in the moment, setting very small goals and then making them all happen.

### **Increase your serotonin levels**

Widely known for playing a major part in regulating moods, **serotonin** has been called the body's natural, feel-good chemical. When serotonin levels drop, symptoms of loneliness and depression start to appear. Prolonged isolation can increase these risks, so balance your worries with practicing gratitude and focusing on positive memories and past victories. Reliving past positive memories and being thankful can produce significant serotonin levels. Vitamin D – the sunshine vitamin – is also an important contributor to serotonin, so consider a 15-minute walk outside every day.

### **Limit your exposure to news**

It's important to be informed, but we don't need to be faced with scary facts all day long. Consider limiting your exposure to news to twice per day. Make sure you control when you access the news and curate your sources.

