



# Whitstable Junior School

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Friday 5<sup>th</sup> June 2020

Dear Parents and Carers,

Hello and welcome to this week's **Feel Good Friday!** This is our first Feel Good Friday letter for term 6. I hope you all had a wonderful half term and enjoyed the beautiful weather we were blessed with. Let's hope it comes back again soon.

Now we are able to go out and about a bit more (socially distanced of course) and able to connect more once again with others, we should be able to boost our happiness chemicals each day, but are you getting enough? The photo below, shows you how the happiness chemicals can affect you and how you can get your daily dose and increase happiness 😊

## GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals

**1 What are the Happiness Chemicals?**

- DOPAMINE**
  - Enables motivation, learning and pleasure
  - Gives you determination to accomplish goals, desires and needs
- OXYTOCIN**
  - Gives feeling of trust, motivates you to build and sustain relationship
  - Known as "Cuddle or Love Hormone", plays a role in bonding
- SEROTONIN**
  - Feeling significant or important among peers
  - Calm form of accepting yourself with the people around you
- ENDORPHIN**
  - Releases a brief euphoria to mask physical pain
  - Response to pain and stress to alleviate anxiety and depression

**2 How Deficiency Affects You**

<ul style="list-style-type: none"><li>procrastination</li><li>low self-esteem</li><li>lack of motivation</li><li>low energy or fatigue</li><li>inability to focus</li><li>feeling anxious</li><li>feeling hopeless</li><li>mood swings</li></ul>	<ul style="list-style-type: none"><li>feeling lonely</li><li>stressed</li><li>lack of motivation</li><li>low energy or fatigue</li><li>disconnect of relationships</li><li>feeling anxious</li><li>insomnia</li></ul>	<ul style="list-style-type: none"><li>low self-esteem</li><li>overly sensitive</li><li>anxiety/panic attacks</li><li>mood swings</li><li>feeling hopeless</li><li>social phobia</li><li>obsession/compulsion</li><li>insomnia</li></ul>	<ul style="list-style-type: none"><li>anxiety</li><li>depression</li><li>mood swings</li><li>aches and pains</li><li>insomnia</li><li>impulsive behaviour</li></ul>
<b>DOPAMINE</b>	<b>OXYTOCIN</b>	<b>SEROTONIN</b>	<b>ENDORPHIN</b>

**3 How to Increase Happiness Levels**

<ul style="list-style-type: none"><li>meditate</li><li>daily to do list</li><li>long term goals</li><li>food rich in L-Tyrosine</li><li>exercise regularly</li><li>create something: writing, music or art</li></ul>	<ul style="list-style-type: none"><li>physical touch</li><li>socializing</li><li>massage</li><li>acupuncture</li><li>listening to music</li><li>exercise</li><li>cold shower</li><li>meditate</li></ul>	<ul style="list-style-type: none"><li>exercise</li><li>cold showers</li><li>sunlight</li><li>massage</li></ul>	<ul style="list-style-type: none"><li>laughter/crying</li><li>creating music/art</li><li>eat dark chocolate</li><li>eat spicy foods</li><li>exercise/stretching</li><li>massage</li><li>meditate</li></ul>
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You can also read all about the happiness chemicals at:

<https://www.bananatreeblog.com/blog/daily-dose-of-happiness-chemicals>

See how many boosting activities you can do over the weekend.

See you next week,

Ms Collin, Leanne and Naomi.  
The Wellbeing Team

