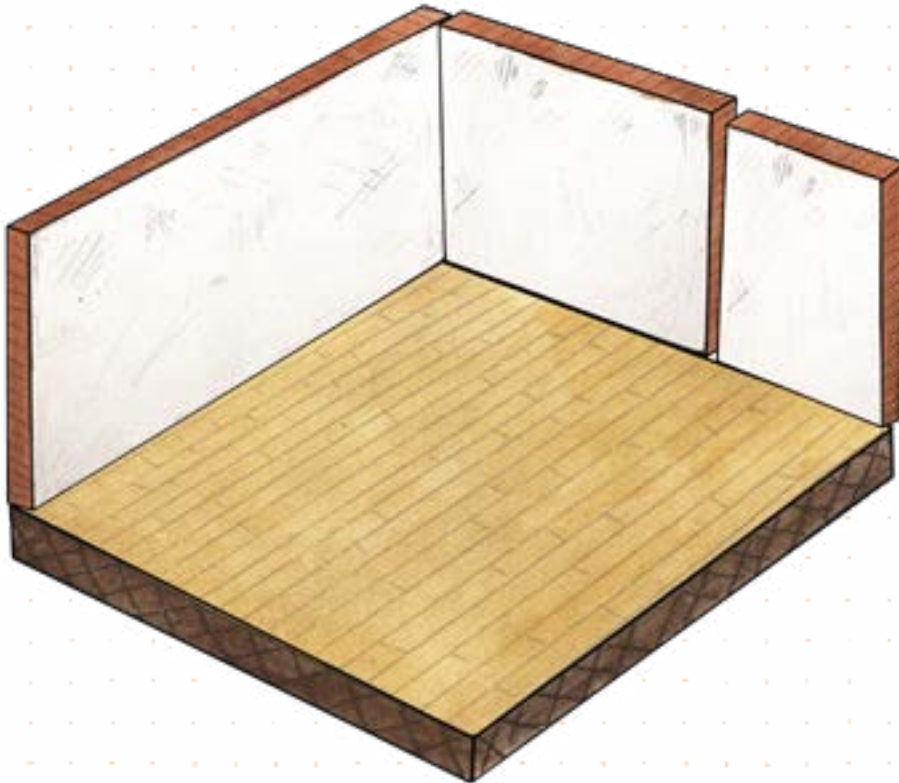


Your environment is a reflection of who you are



What environment helps you to work more efficiently? Some of us benefit from order or minimalist spaces, some of us like inspiring photos, quotes, and decorations spread across every inch of our walls. Your environment directly impacts the joy you feel. Take a look at your environments, both at home and at work: how can you change your work or home environment, so it highlights what brings you joy and is good for your soul.

Decorate the walls of this room in any way you want.



Releasing Happy Hormones

Oxytocin (The love one)

Listen to your favourite song.
Receive a massage.
Cuddle a pet.
Ask for and receive a hug.

Endorphin (The stress and pain reliever)

Move your body.
Laugh.
Eat chocolate (dark).
Eat spicy food.

Serotonin (The happy one)

Go out into the morning sunshine.
Take a walk in nature.
Be creative.
Meditate.

Dopamine (The pleasure chemicals)

Receive a professional massage.
Eat well.
Get enough sleep.
Listen to music.

