



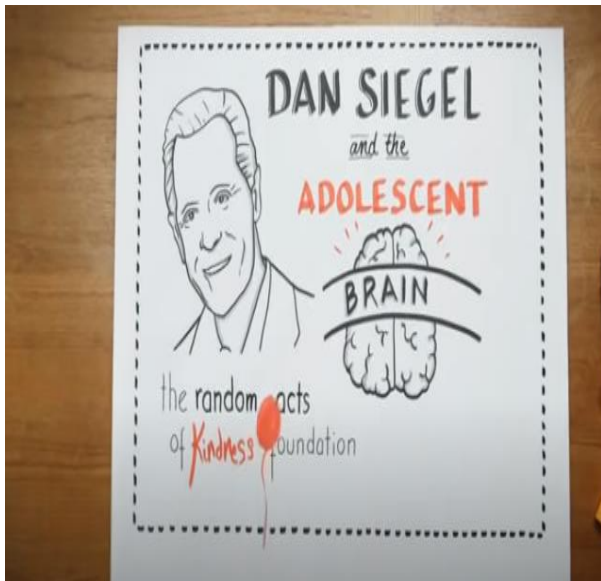
# Us Plus Mental Health & Wellbeing Bulletin 22

*Hello everyone,*

*This week's bulletin focuses on your brain! If you can remember the assembly I presented much earlier this year I spoke to you all at length about how much your brain changes during your teenage years. The video below is a reminder of what is happening to your amazing brains!*

*Mrs Taylor*

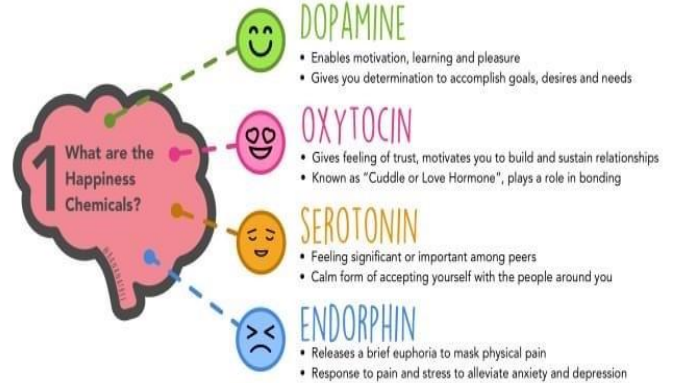
<https://www.youtube.com/watch?v=oO1u5OE5eY>



*So, your brains are working really hard at the moment and it is important to look after them. The information below explains how your 'happiness' chemicals work and how to increase your happiness levels:*

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

How to get your daily DOSE of happiness chemicals



## 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> |
|---|---|--|--|



## 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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Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time.

You can do this by emailing me at

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