

VETERINARY DAILY DOSE

Rx *How to improve your well-being.*

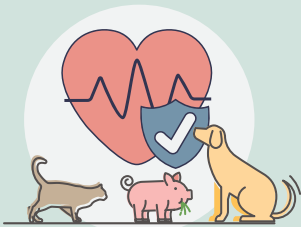
Refill - NR - 1 - 2 - 3 - 4 - PRN *Unlimited*

DOPAMINE

Feel Good Neurotransmitter

ANTI-DEPRESSANT AND ANXIOLYIC

- Essential for overall well-being and mental health
- Goal-oriented behavior, memory, and learning associated with reward and motivation



Saving a Life



Achieving a Goal



Celebrate:

How many pets did you help today?



Take a lunch break and enjoy your favourite food

OXYTOCIN

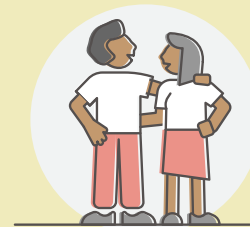
Love Neurotransmitter

ANTI-INFLAMMATORY AND PAIN RELIEF

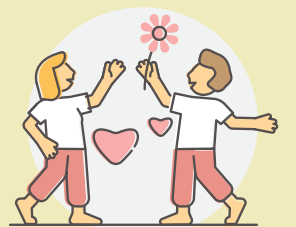
- Fosters connections and empathy
- Builds Trust
- Lowers Anxiety
- "Tend and Befriend"



Kindness to people and pets



Touch



Love



Supporting a co-worker



Exercise Kangaroo jump or inchworm



Human Animal Bond—the simple act of petting a dog can lower blood pressure



SEROTONIN

Mood Neurotransmitter

ANTI-DEPRESSANT AND ANXIOLYIC

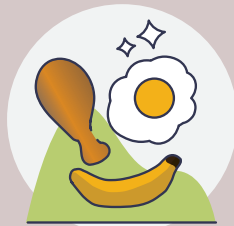
- Natural Mood Booster
- Mainly found in GI tract
- Influences learning, memory, sleep, and happiness



Practice gratitude



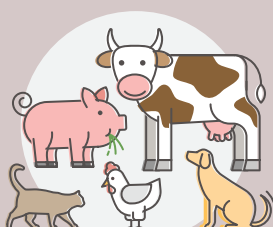
Remind yourself—you are GREAT at your job



Eat food with tryptophan



Exercise Yoga—Downward Dog



What did you see/do that was really cool today?



Sunshine

ENDORPHINS

Euphoria Neurotransmitter

ANTI-INFLAMMATORY AND PAIN RELIEF

- Reduces Stress
- Relieves Pain
- Boosts sense of wellbeing
- Increases confidence and self-esteem



Chocolate! (especially dark)



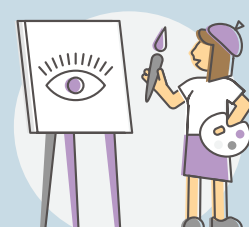
Exercise Gorilla shuffle, Spider walk



Laughter



Team Building



Create