

ANGEL'S COCKTAILS

THE ANGELS COCKTAIL

INGREDIENTS

- Serotonin
- Dopamine
- Testosterone
- Oxytocin
- Endorphins



RECIPE

Take advantage of your naturally high serotonin levels during the morning and complete tough tasks.

Boost your testosterone by listening to energetic music and think about your previous victories.

Increase your oxytocin by relaxing, breathing deeply and slowly.

Finish by increasing endorphins by laughing and smiling.

TOAST & CHEERS

INGREDIENTS

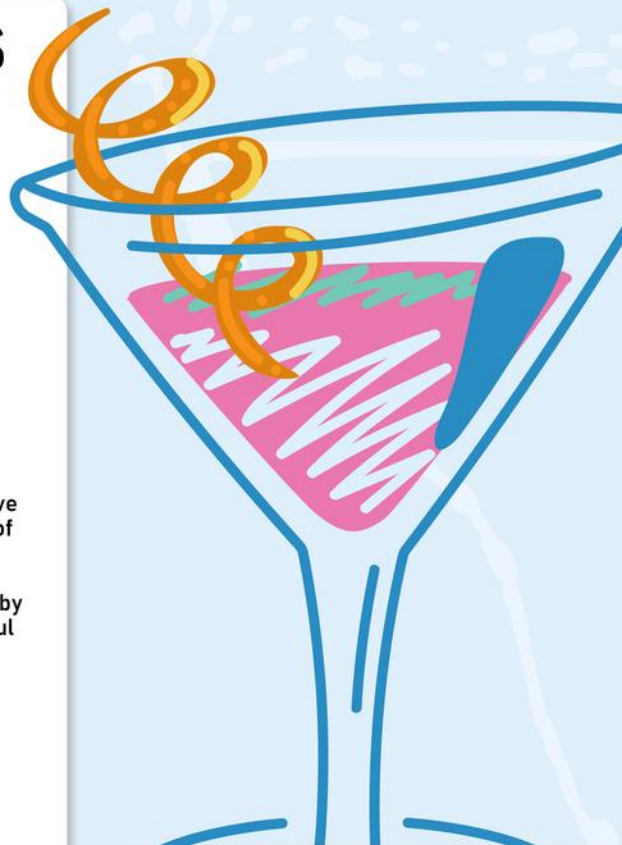
- Serotonin
- Testosterone

RECIPE

Find opportunities to celebrate, especially the little things. Split big projects into smaller steps and celebrate each step.

Pat yourself on the shoulder and give each other in the team a big round of applause.

Be proud of your accomplishments by smiling, stand up straight, be mindful and enjoy the feeling of victory and accomplishment.



STUDIES

INGREDIENTS

- Dopamine
- Testosterone



RECIPE

Create the best possible circumstance for a focused mental state and unlocking your memory by mixing dopamine and testosterone.

Think of the positive effects which your studies will lead to, e.g. knowledge, fun times regarding your studies or your eventual dream job.

Decrease your fast dopamine by working out prior to studying, putting your phone on silent and changing the screen to black and white. For additional effect, uninstall social media applications while studying. They're simple to reinstall later on.

Pause studying to let yourself recharge.

CONFLICT SOLVING

INGREDIENTS

- Oxytocin
- Serotonin
- Dopamine

RECIPE

When stressed due to irritation or conflict, increase your oxytocin levels by putting yourself in a relaxed state, breathe calmly and deeply and comfort yourself by patting your shoulder or stroking the back of your thumb.

Avoid any negative confrontation with the other person involved.

For additional effect, focus your thoughts on how it will feel when the conflict is resolved.



CREATIVITY

INGREDIENTS

- Dopamine
- Serotonin



RECIPE

Mix dopamine and serotonin by exercising or having a (very) cold bath. Think of the outcomes and effects of your creative process. Make sure you're having fun during the process.

THE ENERGY DRINK

INGREDIENTS

- Cortisol
- Dopamine
- Oxytocin



RECIPE

Go out for an early 20 minute morning walk, preferably in the sun, to reduce eventual cortisol levels.

Mix with dopamine by thinking of something fun or exciting that will be happening during the day, or think of something to look forward to, e.g. a cup of coffee or trying something new.

Add a nice portion of oxytocin by being thankful of something that happened yesterday. Cover your conscience with this thought for a minute or two.

FOR THE DOER

INGREDIENTS

- Dopamine
- Testosterone

RECIPE

Think of the future possible effects of what you're doing. Make sure to really enjoy the actual activity as well.

Consciously pay attention to the progression of your work.

Boost your testosterone by listening to energetic and victorious music, breathing deeply and walking like you own the world.

Exercise to add an extra dose of dopamine.

For additional effect, think of a recent victory or accomplishment for



SOCIAL ACTIVITY

INGREDIENTS

- Endorphins
- Testosterone
- Oxytocin



RECIPE

This cocktail is a three step process, where you start with increasing your endorphins by watching something for 30 minutes which makes you laugh.

Increase testosterone on your way to the social activity by listening to energetic and victorious music.

During the social activity, increase oxytocin by talking to someone you're genuinely interested in.

Avoid talking to people which may effect your perceived social status negatively.

SLEEP & RELAX

INGREDIENTS

- Oxytocin
- Cortisol

RECIPE

Boosting your oxytocin levels will decrease cortisol levels which makes it easier to relax and fall asleep.

Increase oxytocin levels by meditating for 10 minutes, taking a warm shower and laying down and breathing deeply and slowly. Preferably 6-8 breaths per minute.

Keep your eyes still under your eyelids.

