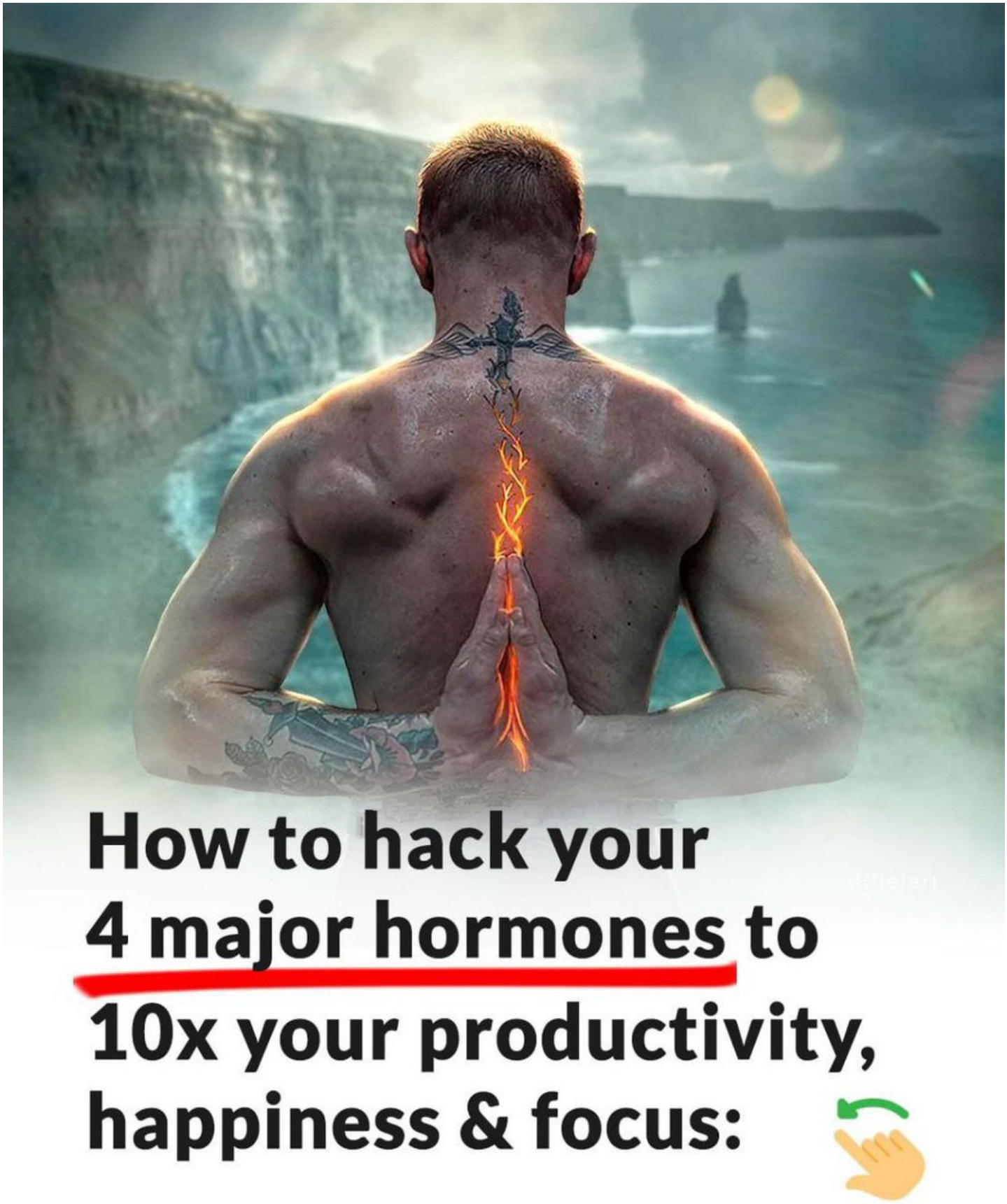
Twitter Thread by James Peters | Lifestyle Coach

James Peters | Lifestyle Coach
@JamesCPeters



Hack your happy hormones and boost your productivity:


How to hack your
4 major hormones to
10x your productivity,
happiness & focus:

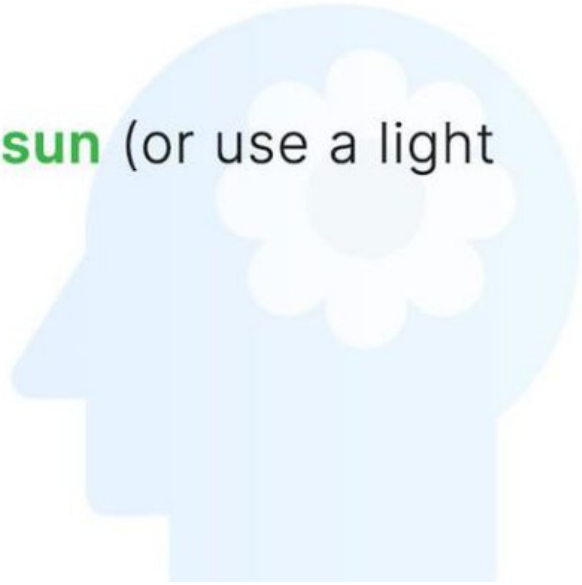
1.

1. Serotonin

Serotonin regulates your sleep, your mood and your happiness as well as a few other regulatory functions.

So, if your sleep is messed up and you're always feeling down, you need to boost your serotonin:

- **Consume more tryptophan** (an amino acid) - eggs, cheese, salmon or supplements
- **Exercise regularly** (preferably daily, even if it's just a walk)
- **Spend more time in the sun** (or use a light therapy box)
- **Meditate**



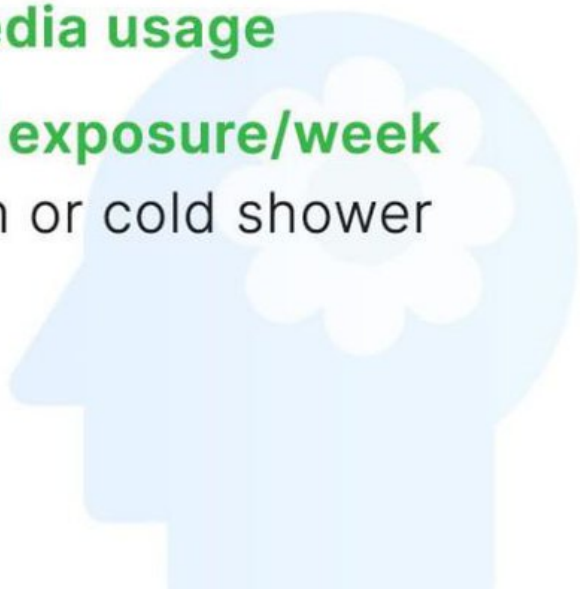
2.

2. Dopamine

Dopamine is the pursuit hormone, it makes you want to pursue things that give you pleasure.

Too much cheap dopamine (unearned) can ruin your focus, motivation and drive. To hack your dopamine:

- **Set daily achievable goals**
- **Cross of tasks on your to-do list**
- **Reduce your social media usage**
- **Get 11 minutes of cold exposure/week** (11 minutes in an ice bath or cold shower at 45-60°F)



3.

3. Endorphins

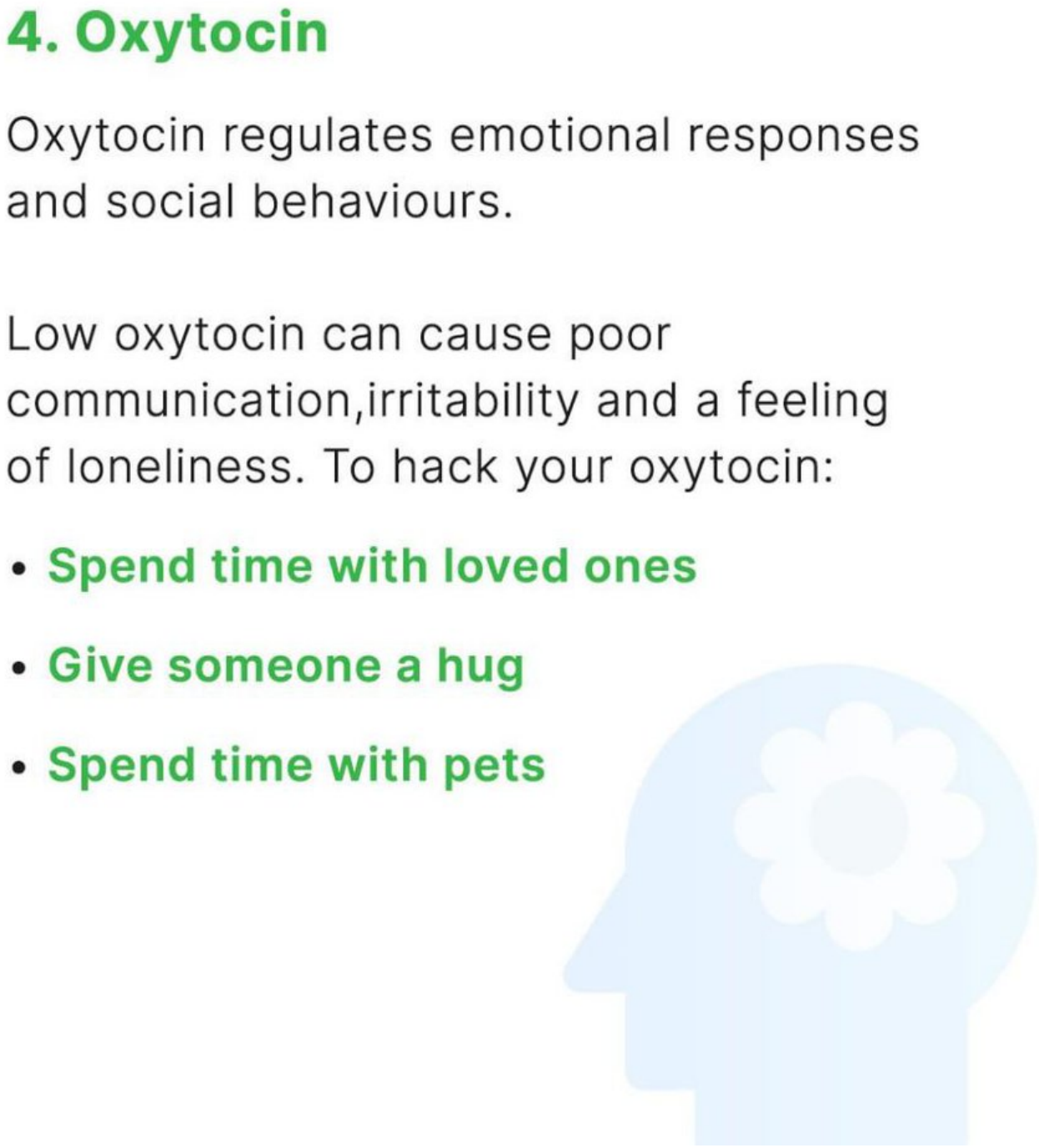
Endorphins are the painkiller hormone, they relieve pain, and stress and boost your mood.

Low endorphin levels can cause mood swings, depression and anxiety. To hack your endorphins:

- **Exercise daily** (mix of resistance training and walking)
- **Eat dark chocolate** (cocoa increases endorphins)
- **Have a good laugh**



4.



Credit https://t.co/2Mp2Qw4tq9

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- fear of failure

- imposter syndrome
- perfectionism

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