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# NEWSLETTER



## Happy Fourth of July



### Unlocking Happiness: The DOSE Chemicals

The brain's happy chemicals—DOSE—stand for Dopamine, Oxytocin, Serotonin, and Endorphins. Together, these chemicals help regulate emotions, improve well-being, and create feelings of happiness. Engaging in exercise, connection, and accomplishment can naturally boost DOSE levels.

Dopamine is a brain chemical linked to motivation, pleasure, and reward. You can increase dopamine naturally by setting small goals, exercising, eating protein-rich foods, getting enough sleep, and celebrating achievements. Positive social interactions also boost dopamine levels.



Oxytocin, known as the “love hormone,” supports bonding, trust, and emotional connection. It can be increased through physical touch, hugs, kind words, eye contact, and spending time with loved ones. Acts of kindness and petting animals also release oxytocin.

Serotonin helps regulate mood, sleep, and appetite, promoting feelings of well-being. To boost serotonin, get sunlight, exercise regularly, eat foods rich in tryptophan, practice gratitude, and meditate. Positive thinking and spending time in nature also support serotonin production.



Endorphins are natural painkillers that create feelings of pleasure and reduce stress. You can increase endorphins through exercise, laughter, dancing, spicy foods, and listening to music. Creative activities and deep breathing also help release endorphins and boost mood naturally.



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## Are You Ready for Hurricane Season?



Hurricane preparedness is important to protect lives, minimize property damage, and ensure access to essential supplies. Being ready reduces stress, improves response time, and helps communities recover more quickly after the storm.

- \* Keep a 7-day supply of food, water, and medications
- \* Secure important documents in waterproof containers
- \* Install storm shutters or board up windows
- \* Charge all electronics and backup batteries
- \* Know your evacuation zone and plan ahead

Florida residents must stay alert during hurricane season. Early preparation helps reduce panic and ensures safety.

If you're struggling mentally after a storm, you're not alone. Call us—we're here to support and help you heal.



- July is BIPOC Mental Health Month (Minority Mental Health Month)
- July 4<sup>th</sup> is Independence Day
- July 24<sup>th</sup> is International Self-Care Day



**Fun Fact:** The Designer of the 50-Star Flag Lived in Lancaster, Ohio

In 1958, a history teacher assigned a class assignment to redesign the national flag as both Alaska and Hawaii neared statehood. Robert G. Heft, who was 16 at the time, designed a new flag using the old 48-star flag and \$2.87 worth of blue cloth and white iron-on material. His design earned him a B-minus to which he challenged by sending it to Washington D.C. to be considered by President Dwight D. Eisenhower. According to his obituary, Heft was one of thousands to submit a flag design but he was the only person who actually stitched together a flag and shipped it to D.C. Once the flag was selected, Heft's grade was rightfully changed to an A. His design became the official flag in 1960.



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