8 Ways To Increase Your Dopamine Level

Reasons to Increase your Dopamine Level

- Instantly reduce procrastination
- Elevates Focus concentration libido and mood

Methods

- 1 Sunshine
  - instantly raise your dopamine level.I personally have put [have a sunbath] onto my daily to-do list.
  - The more sun exposure you receive the higher density of Dopamine receptors you will have in your brain.
    - Increased receptors means you are more sensitive to Dopamine,which is a good thing(Drug addiction does the opposite).In a addiction, you need more stimulus to reach the same effects
  - if it is rainy out there, tanning beds will also do tho
- 2 Meditaion
  - 65% increase in Dopamine production in a experiment,which is a thing on my daily to-do list for quite some time.
  - Meditation is not just about a person sitting there and resting. It is far beyond that.
  - Of course the effect it will have on people differs .But one thing is for sure, it does have an effect which you can feel after doing that.
  - Normally 10-15min will do
- 3 Physical exercise
  - It is also gonna raise your dopamine level instantly, and also it is going to raise your serotonin(the feel-good hormone) may check out more about it in this post→
  - it is like tuning your brain to its best state, like the maintenance for a car engine.
  - having a 15-20 mins of running will apparently boost your dopamine level,or a fast walk will also do.it will significantly give you a higher drive, motivation and focus
- 4 Music and Dancing
  - Slow music will also do
- 5 Drink green tea
  - the substance Polyphenols can boost dopamine level in the brain, and it actually works on the most needed area in the brain
- 6 Set micro goals
  - the thing i have been doing for almost a year, and it works.
  - every time you do the checkbox of the to-do list, you will feel good, and that is a sign you are raising your dopamine level.
  - Small thing that is easy to do
- 7 Velvet beans
  - a natural food which can increase your dopamine level
  - I bought it from Amazon,a small pack of pill-like thing
- 8. Whimhof Method
  - Deep breath+cold shower
    - Cold shower alone is phenomenal in instantly increasing dopamine level
    - Breathing method
      - inhale(100% full lungs)
        - exhale(empty lungs to about 75%)
      - inhale(100% full lungs)
        - exhale(empty lungs to about 75%)
      - 30 breaths like this
        - empty lungs completely
      - hold your breath as long as you can with the empty lungs
        - inhale fully and hold your breath with full lungs for 15 seconds
      - do 3-4 rounds like this
      - after the breathing
  - Subtopic 2