

21 ways to increase Dopamine levels to improve Financial Wellbeing

When we have low levels of dopamine we are more likely to seek risky financial behaviours, such as gambling and overspending



1. Achieve a tiny habit



8. Practise yoga



15. Whistle

2. Listen to music



9. Eat lots of protein



16. Meditate



3. Eat velvet beans



10. Take probiotics



17. Step away from the fried food

4. Try or do something new



11. Get enough sleep



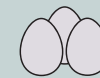
18. Celebrate achievements involve your body, yippee!



5. Practise guitar



12. Play a sport



19. Have a poached egg

6. Take supplements: iron, niacin, folate and vitamin B6



13. Put the fried onions rings down



20. Sing, sing loudly, till the dog howls



7. Get some sunlight



14. Eat lots of beans



21. Dance