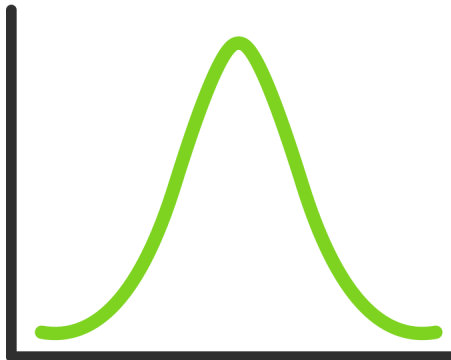
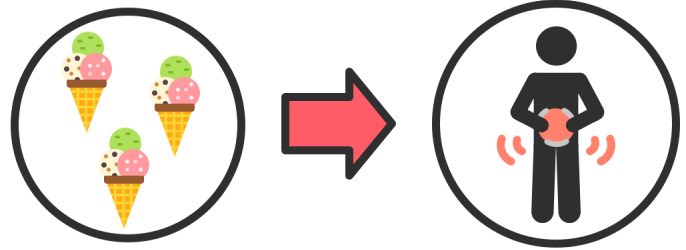


OVERSTIMULATION OF HAPPINESS

Prevent overstimulation and increase the effects of happiness chemicals

“*Too much of a good thing is a bad thing*”



NORMAL

A short spike of happiness effects with a quick drop back to a normal state after the experience is over.

OVERSTIMULATION LEADS TO:

- desensitization of happiness effects
- tolerance to the amount you receive
- addiction towards the activity



SUPERNORMAL STIMULI

You're continually feeding yourself overstimulating activities and not allowing levels to drop to a normal state.

COMMON OVERSTIMULATING ACTIVITIES:

- scrolling through social media
- always eating fast food
- binge-watching a tv show all weekend

Prevent Overstimulation

Allow levels of happiness chemicals to drop to a normal level to help maintain sensitization.

- 1 Limiting Your Use by Stopping After Some Time
- 2 Limiting the Frequency of Use
- 3 Not Using it Like a Drug
- 4 Not Using it as an Escape Mechanism

Increase Happiness Receptors

Overstimulation causes receptors to be destroyed, which leads to desensitization.

- 1 Abstaining from Overstimulating Activities
- 2 High-Intensity Interval Training
- 3 Digital Detox
- 4 Cold Showers or Ice Baths