

職二朗讀比賽

Dopamine: Finding Balance for a Happier Life

Have you ever felt that you can't stop checking your phone? Or have you felt excited after eating your favorite snack? These sudden but powerful feelings are linked to dopamine, a chemical that causes your brain to feel pleasure and pushes you to take action.

To ensure that you maintain a healthy dopamine level, experts recommend small, positive steps. For instance, you can set limits on your daily screen time or replace phone use with activities like exercise and making social connections. Eating a balanced diet and getting enough sleep can also help keep dopamine levels in check. Moreover, try to become more aware of your thoughts and desires. When you pause to think before acting, you can make better choices in the long run. As you build healthier habits, you'll rely on instant rewards less and enjoy life's simple pleasures more.

In summary, it is important to keep things in balance. Dopamine is a powerful tool helping us stay motivated and cheerful, but we shouldn't let it control our lives. With the right amount of dopamine, you can increase your enjoyment of life.

來源:擷取自龍騰英文第四冊第四課