

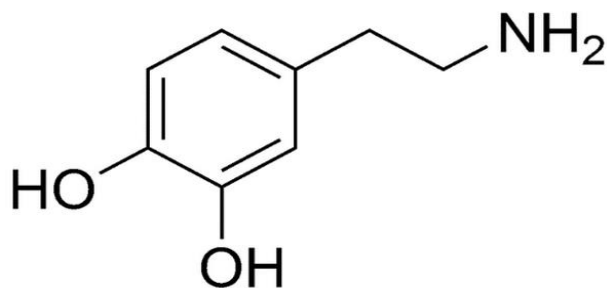
THE ROLE OF DOPAMINE IN OUR LIVES

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Annotation. In this article, it is discussed how to get rid of addictions and encourage good habits in us. The reason we get addicted to some instances, not others, and why we encourage bad habits in ourselves, even when we know they are harmful, is clearly explained with scientific evidence.

Keywords: dopamine, dopamine detox, homeostasis, addictions, substance, low-dopamine-releasing activities, high-dopamine-releasing activities, meditation, social media

Annotatsiya. Bu maqolada, qanday qilib qaramliklardan xalos bo'lish va o'zimizda yaxshi odatlarni rivojlantirish muhokama qilingan. Nega biz aynan ba'zi narsalarga, boshqalariga emas, o'rganib qolishimiz va nega zararli ekanligini bilsak ham yomon odatlarni shakllantirishimiz sabablari ilmiy dalillar asosida yoritilgan.

Kalit so'zlar: dofamin, dofamin detoks, qaramliklar, narkotik, kam dofamin ajratuvchi, ko'p dofamin ajratuvchi mashg'ulotlar, meditatsiya, ijtimoiy tarmoq

Аннотация. В этой статье обсуждается, как избавиться от вредных привычек и привить в нас хорошие привычки. Причина, по которой мы становимся зависимыми от одних случаев, а не от других, и почему мы поощряем в себе вредные привычки, даже когда знаем, что они вредны, ясно объясняется научными данными.

Ключевые слова: дофамин, детоксикация дофамина, гомеостаз, зависимости, вещества, действия с низким выбросом дофамина, действия с высоким выбросом дофамина, медитация, социальные сети.

1. What is dopamine, and how it works?

2. How to manage it (Dopamine detox)

Imagine, you're watching a video on Instagram or YouTube, and how long can you scroll on social media without getting distracted? Certainly not less than 3 or 4 hours.

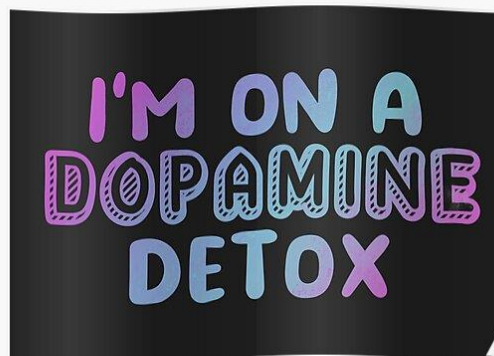
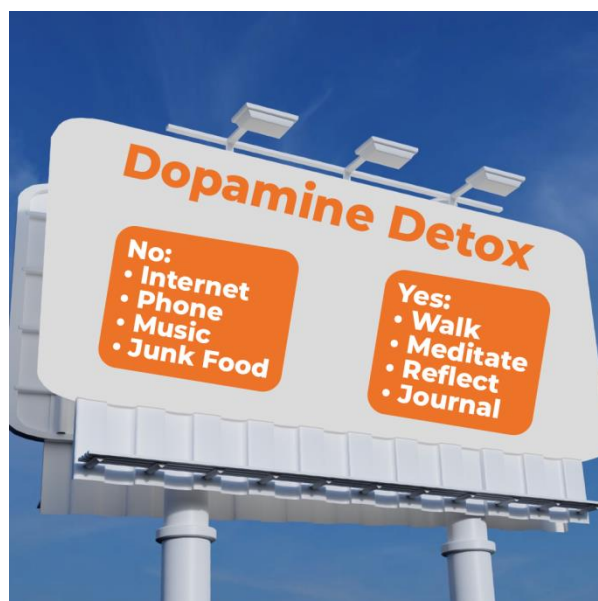
The second situation is that you are studying without the supervision of the school or teacher. So, how long can you focus on studying or reading? Most of you (including me) for no more than an hour, right?

The thing is that when you have a lot of dopamine production, it's much easier to concentrate on work, and it's not just at work, you can get it from gifts, drugs, sweets, and so on. In short, dopamine is the hormone of happiness, and dopamine is delivered to the brain as a gift in every activity. So, drug addicts continue to consume it even if they know that it is harmful to take drugs because the brain cannot distinguish between the harm and the benefit of the exercise, it distinguishes activities depending on how much dopamine it brings.

Furthermore, our body has the Homeostasis function. This function serves to regulate physical and chemical changes in our bodies. For example, when we go outside in Winter, our bodies tremble to reach the normal temperature, another situation is if we are in a hot room, our bodies sweat to decrease the temperature of the body. Now let's try this function for dopamine. When you do something that releases dopamine a lot and you keep doing it, it becomes a daily routine for you. Then, low-dopamine-releasing activities, such as reading and exercising cannot give enough dopamine to your brain, and your brain does not want to spend energy on it.

If this is the case similar to you, a dopamine detox can help you. I think that after the information above, you have an idea of how dopamine detox works. Let's think if we reduce the daily dopamine production to the minimum amount, it will help you to get out of your current situation. Let me explain, for example, if you are used to eating simple food, and after a few days of delicious food like steak, you will not want to eat boiled rice, and imagine that if you are hungry on a desert island, you will eat that cooked rice with a good appetite. This will also taste better than the steak you ate first. So, if we minimize the amount of dopamine, it becomes easier to do things that are useful for us, that is, fewer dopamine-generating activities. Just don't repeat your old habits!

To get dopamine detox, you need to stay away from all the high dopamine generators, including your phone, computer, sugary products, and fast food for a week, but you can still read books, exercise, meditate and think about yourself. Disclaimer: If you are addicted to the substance, please, go to the doctor, you cannot tolerate such a plummet of dopamine!



Some of us may, indeed, struggle to do a dopamine detox, and there's a solution for that: a low-dose dopamine detox. In this case, you need to select a day of the week and keep doing the ones listed above on that day, of course, without going out of limits on other days. Or you can motivate yourself with other activities like playing games and so on. For example, you can bring 15 mins of relaxation for every hour you spend truly and you have 2 hours of high dopamine activity for 8 hours of hard work.

Moreover, dopamine detox brings some other benefits that can be helpful. Firstly, you start thinking about yourself instead of 'celebrities' in social media. Within this one week apart from actually not the real world in your world. In social media everyone posts about their success with some exaggerations, as a result, these 'successful' events make you stressed because you have no such achievements. Secondly, detoxification of dopamine makes it easier to find what you really want, and eventually, you can easily not give a shit to anything making you distracted from your actual goal.

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