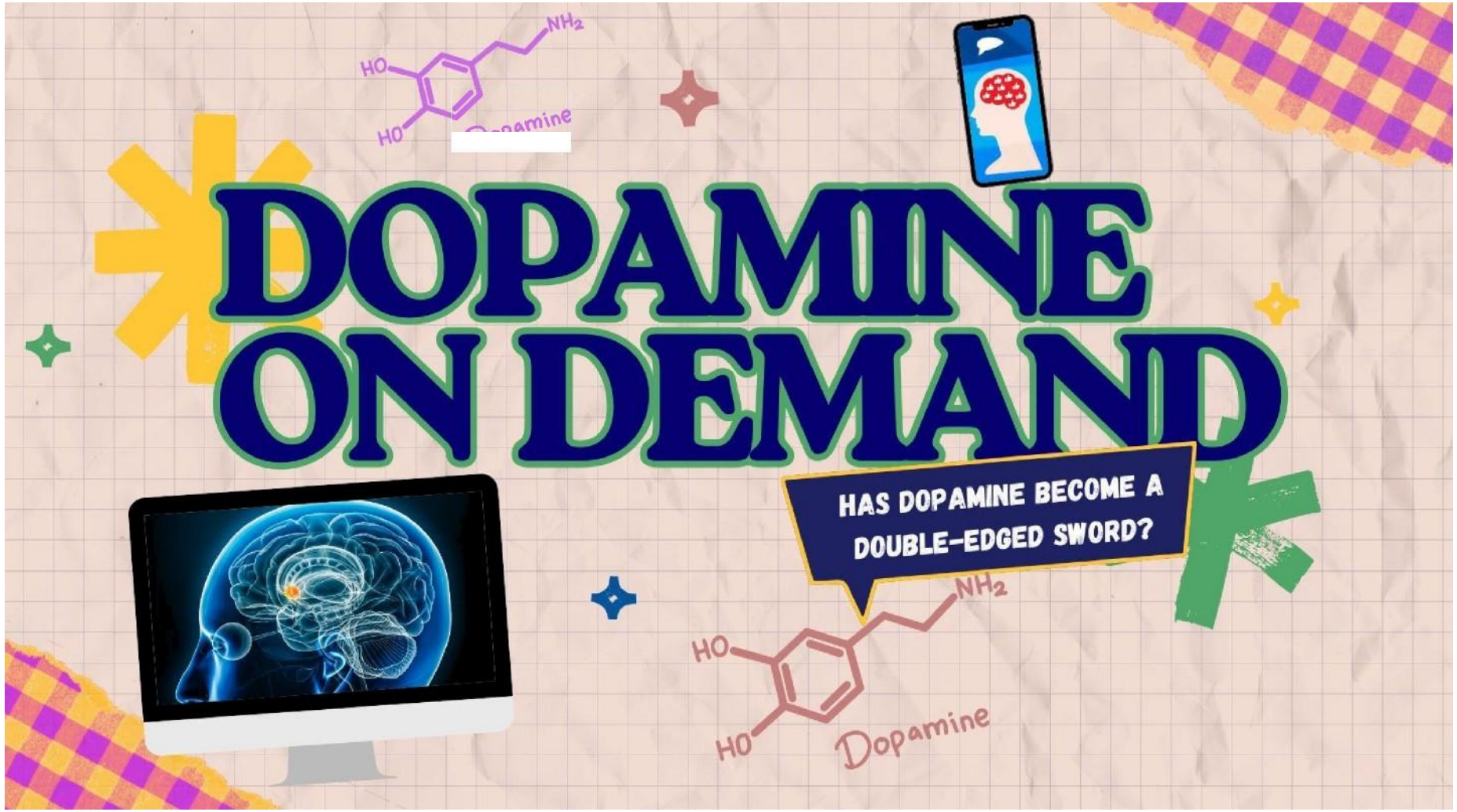
A postcard from:

ST STITHIANS
BOYS' COLLEGE

RÖUND SQUARE



POSTCARD

ROUND SQUARE

We wish you will be here:

Dopamine shapes our habits, motivations, and well-being—but in today's world of instant gratification, has it become a double-edged sword? In this discussion, we'll explore how dopamine was utilised in the past versus now, how modern life disrupts its natural balance, and the impact of "easy access" dopamine triggers on our mental health and behaviour.

Through this discussion we shall cultivate dopamine awareness and solutions to this potential problem. Aiming to foster a healthier relationship with this powerful neurotransmitter. Join us in uncovering the science behind dopamine and how we can regain control over its influence in our lives!

We can not wait to see you there!

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Title: Dopamine on Demand

Date: 26 March 2025

Time: 3 PM SAST (1 PM GMT)

We make the start time to be 3pm SAST (GMT +2) on 26 March, which we make to be 6am in Los Angeles, 8am in Bogotá, 9am in Miami and Toronto, 10am in Buenos Aires and São Paulo, 2pm in Berlin and Copenhagen, 5pm in Dubai and Yerevan, 6pm in Karachi, 6:30pm in Delhi, and 8pm in Bangkok. But please check for your own location.but please check for your own location.

Participants: 16 - 18

Register: https://podio.com/webforms/30204924/2531877

Pre-work: Watch the Youtube video **The Good, The Bad and The Downright Unhealthy** and come ready to discuss.

a Zoom Around the World with Round Square event