



Perspective/Opinion

DOSE: How students can support students at MCW

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D.O.S.E. (Dopamine, Oxytocin, Serotonin, Encouragement), formally *You Matter, Here's Why*, was started to help students stay connected and appreciate one another during COVID-19 and the subsequent isolation of 2020. Now, with a new name and an evolved mission – D.O.S.E. strives to provide a positive space for the MCW family to share messages of love, support, gratitude, or affirmation with one another without the worry of identifying themselves. Since our start, we have sent over 600 messages of support and affirmation, we asked more questions about the impact of these messages, and we broadened the reach and connection that we can have to others. We found that the benefit of these messages is not just when they are received, but that people also feel gratitude and improved mood when sending them.

What's next, you ask?

Our goal is to become a household name. We are expanding to something simple that will make us more accessible all the time... Any guesses? We are going to provide interested students, faculty, and staff with a sticker for their badge, office, or computer so that when those moments that connect you to others pop up, you have that visual reminder to make the moments count even more. We want D.O.S.E. to be an everyday manner that allows the network of compassion to grow on our campus. Since our beginnings, we have seen the impact that even one message, one thought, and one person can have on another.

Dig deeper.

We encourage you, this Valentine's Day, to dig deeper into what "Love" means. Send a message to someone this year to show them how much their life has impacted yours, how one moment stood out that you appreciated, or maybe because you know that they are struggling but they are loved. Highlight something valuable about them or simply tell them they are doing a great job. Sometimes all you need is one D.O.S.E.

Send some love!

Click [HERE](#) to send your own DOSE to someone!

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