

Now at DROP-INS!

# BODY DOUBLING

USE THE POWER OF DOPAMINE TO GET MORE DONE!



How does it work? Hang out with other students doing similar things to keep focused on your tasks. Try it out!

## Why does it work?

- Mirror Neurons
- Polyvagal Theory
- The Hawthorne Effect
- Dopaminergic Responses
- Social Facilitation Theory
- Human Motivation Theory

**FIND A  
DROP-IN**