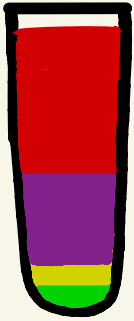


THE CHEMICALS OF BEHAVIOUR & EMOTION



ANXIETY



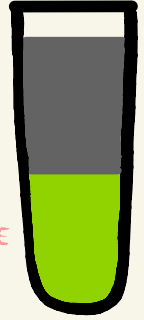
HAPPINESS



SCHIZOPHRENIA



EROTICA



SLEEPINESS



ACUTE STRESS RESPONSE
(FIGHT OR FLIGHT)



LOVE & AFFECTION



DEPRESSION



Plays a role in synaptic plasticity, repair of the Central Nervous System and the formation of neural networks during development. ←

HORMONE/NEUROTRANSMITTER KEY

- = **DOPAMINE** — Plays a significant role in how we feel pleasure and reward.
- = **OXYTOCIN** — Controls reproductive functions, sexual activity and feelings of affection.
- = **GLUTAMATE** — The main excitatory neurotransmitter in the mammalian cortex
- = **EPINEPHRINE** — Increases cardiac output and glucose levels in the blood.
- = **NOREPINEPHRINE** — Increases the force of skeletal and cardiac muscle contraction.
- = **CORTISOL** — Regulates stress response and increases metabolism to produce a surge of energy.
- = **SEROTONIN** — Boosts mood (makes you feel happy) and produces healthy sleep patterns.
- = **TESTOSTERONE** — Regulates libido, erythropoiesis, muscle mass, fat distribution, etc.
- = **ESTROGEN** — Controls reproductive development, cognitive and cardiovascular health, etc.
- = **VASOPRESSIN** — Regulates the circadian rhythm and contributes to homeostatic mechanisms.
- = **MELATONIN** — Stabilizer and reinforcer of the body's circadian rhythms, produced by the pineal gland in the brain in response to darkness. A deficiency in melatonin can lead to insomnia.