

LETS TALK NEUROTRANSMITTERS

Neurotransmitters are the chemicals within your brain that transmit signals between neurons and cells. There are at least 100 neurotransmitters, each with a different function. Too much or too little of any of one neurotransmitter upsets the entire balance of the brain. This unbalancing manifests itself as changes in the way you think, feel and behave - the mental highs and lows of your daily life.

Chemicals in our brain have an important part in regulating our mood!

When we have chemical balance

When chemical levels are low

Serotonin

Happy, calm, hopefulness

Depression, anxiety, sleep problems

Dopamine

Reward (pleasure, creative thinking, appetite)

Low moods, depression, *

Endorphins

Pleasure and pain (euphoria)

Depression, headaches, low health

Oxytocin

Emotional bonding, intimacy, trust

Poor social functioning, low mood

GABA

Calm (inhibits stress, fear)

Anxiety, over thinking, sleep problems

*Too much dopamine will also lead to aggression, impulse, binge eating, drug/alcohol addiction etc

