



DOPAMINE

Effort and reward

Importance of effort,
the pleasure of pursuit.



SEROTONIN

The natural 'feel good' chemical

Helps regulate mood and other bodily functions like sleep, digestion and wound healing.

CORTISOL

The 'stress' hormone

Regulating bodily functions including stress reaction, metabolism, blood pressure and inflammation.

Excess and deficiency is a problem.



The mobilisation hormone

Activates
the body to
be alert and
prepared for
rapid action.



ADRENALIN



OXYTOCIN

Social bonding

Often referred to as the 'love hormone', crucial for connection.

ACETYLCHOLINE

Muscle movement
or learning

Significant in the
learning process,
concentration
and memory.



ENDORPHINS

Natural pain killer
and mood elevator

Plays a role in
emotional
regulation and
resilience.

