

# Chemicals in the Brain

Real, imagined, conscious or subconscious, thoughts release neurochemicals that effect how we feel. Sights, sounds, words, actions, food as well as our health change the flow of neurochemicals. The doses of neurochemicals guides us to feel safe, connected, experience significance, and freedom of pain. They are designed to promote not only survival but also our ability to be our highest self-best and thrive.

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## Dopamine

Dopamine increases your peaceful and easy feeling. Pleasant feelings create more energy and transmit an empowering vibration. This neuro molecule will help you move outside of your comfort zone and toward a desired behavior—and builds momentum. The combination of connecting a desired outcome (heart) and a move toward behavior will increase a flow of dopamine and strengthen your will power.

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## Oxytocin

Oxytocin is a powerful neurochemical that will help you trust, develop closeness, and engage in the co-creation of healthy relationships. Simple behaviors such as petting your dog or cat, smile, hearty laughter, or give hugs increases oxytocin. It is also released when you receive relational actions.

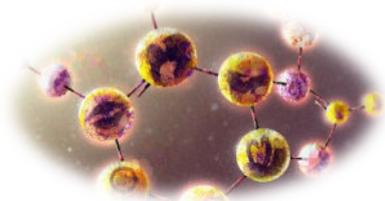
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## Serotonin

Approximately 90% of serotonin is located in the GI tract cells. It is involved in a number of functions including intestinal movements, regulation of feelings of respect, appetite, and sleep. It also effects cognitive functions, including memory and learning. A healthy "gut" leads to a healthy serotonin level which supports our ability to be our greatest self. Sunlight helps with the production of serotonin. A daily practice of gratitude, setting an intention and living that intention will increase serotonin levels.

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## Endorphins

Endorphins help us cope. Runners who exercise regularly will get an endorphin boost that results in "a runners high," giving them a euphoric "in the zone" experience. Engaging in activities that are enjoyable for you or being with friends will release the pleasure power of endorphins.

Happy memories, smells, or comfort foods will also release endorphins. Certain oils and food will increase endorphins: Lavender oil, dark chocolate, visiting with close friends. Even your pleasant thoughts—real or imagined can release this chemical.

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