

# The Brain's Neurochemicals

Neurochemical	Nickname / Function	Main Effects	How to Increase It	Notes
<b>Dopamine</b>	The Reward / Feel-Good Chemical	Motivation, pleasure, focus	Appreciation, goal setting, delayed gratification, completing tasks	Instant gratification gives short-term high; delayed gratification builds long-term reward system
<b>Serotonin</b>	The Relaxation & Focus Chemical	Calm, mood balance, relaxation	Water, ocean, breathing, walking, swimming, playing music	Boosted by mindfulness and slow-paced activities
<b>Oxytocin</b>	The Love / Connection Chemical	Bonding, trust, empathy	Time with family & friends, teamwork, love, touch, acts of kindness	Strengthens emotional connection and attachment
<b>Endorphins</b>	Pain Relief & Strength Chemical	Euphoria, pain relief, endurance	Exercise, laughter, physical exertion, stretching	Natural painkiller and mood elevator
<b>Cortisol</b>	The Stress Chemical	Stress, alertness, tension	Reduced by relaxation, mindfulness, social support	Builds up under chronic stress; can cause anxiety, doubt, and fear

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