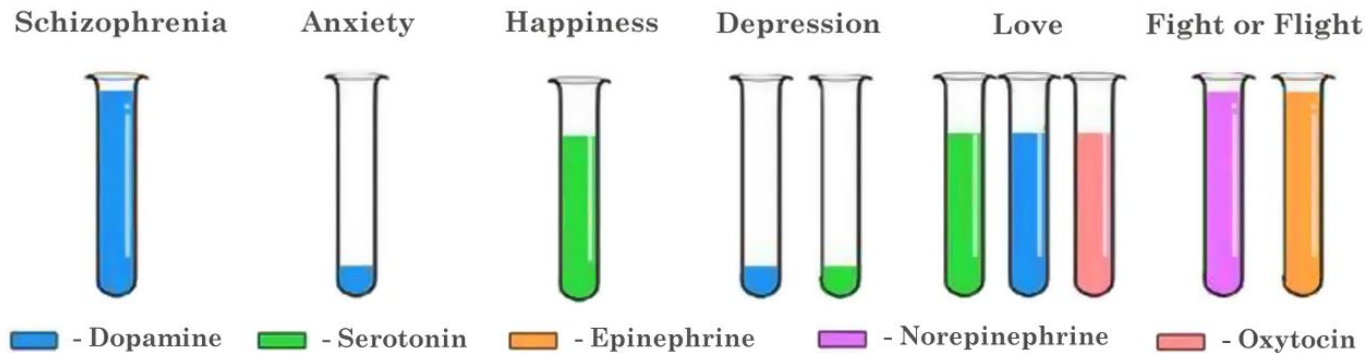


# Brain Chemistry



Dopamine – how we feel pleasure

Serotonin – contributes to wellbeing and happiness

Epinephrine – adrenaline

Norepinephrine – stress hormone

Oxytocin – “love hormone” or “cuddle hormone”, mother-infant bond, romantic