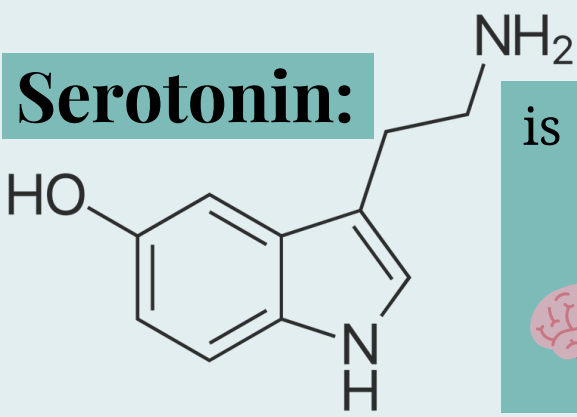


Anxiety, Depression, and the Brain

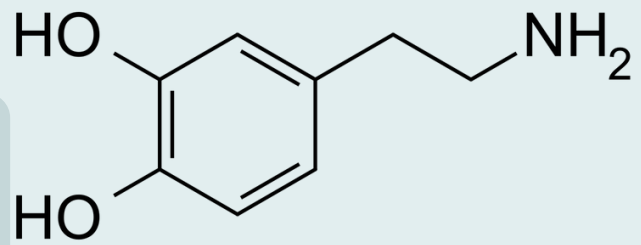
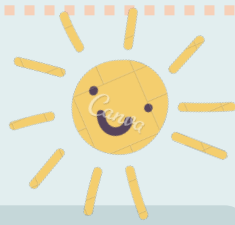
Serotonin:



is a monoamine neurotransmitter which regulates mood, cognition, reward, learning, memory, and numerous physiological processes.

- **Low levels of serotonin can cause depression, anxiety, and insomnia**

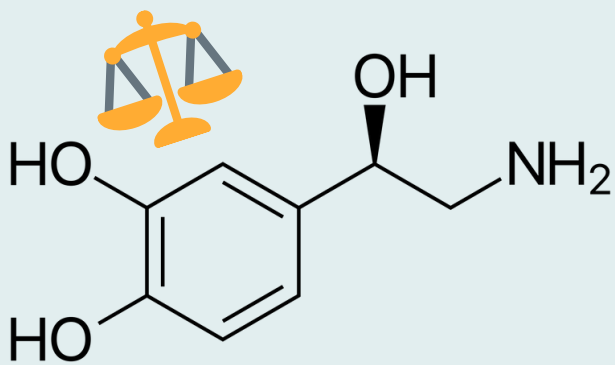
Dopamine



A neurotransmitter that allows one to feel pleasure, satisfaction, and motivation

- **Low levels of Dopamine can cause a lack of motivation/concentration, moodiness, tiredness, and depression.**

Norepinephrine



acts as both a hormone and a neurotransmitter which increases alertness, arousal, and attention. Also regulates one's "flight or fight" response

- **High levels of Norepinephrine are associated with an accelerated heart rate, increased blood pressure, hyperactivity, stress, and anxiety**
- **Low levels of Norepinephrine are associated with poor memory, lack of motivation, and depression**

The Sympathetic Nervous System

The sympathetic nervous system is activated when one is stressed



This will cause the stress hormones to be released into the body... one is cortisol

Prolonged exposure to stress

hormones

- inhibits the immune system
- changes brain structure
- kills brain cells
- shrinks the brain
- impedes memory

Keep your brain healthy!!