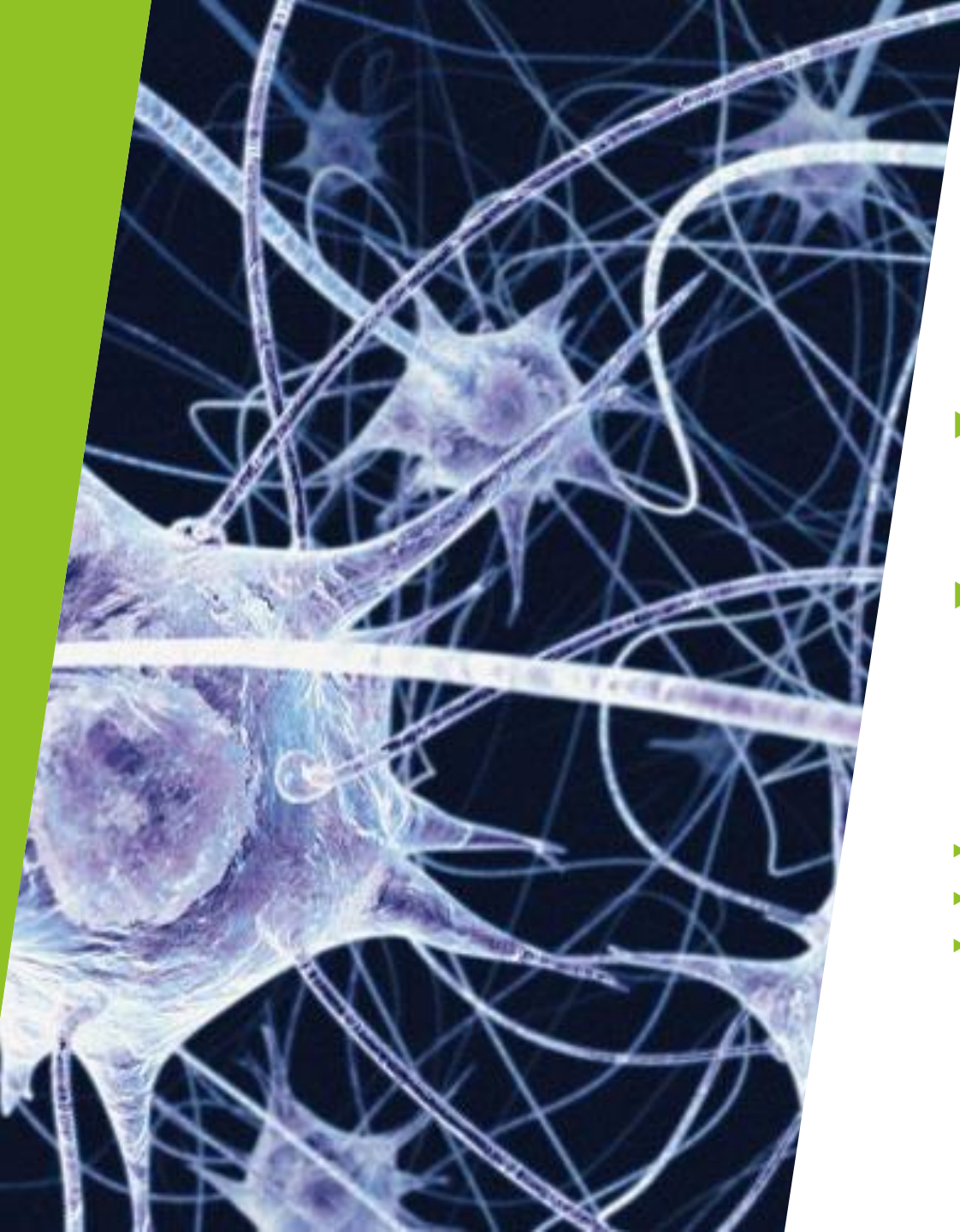
The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white space where the text is located.

Neurons and Neurochemistry

How does the brain communicate?



- ▶ <https://www.youtube.com/watch?v=qybUFnY7Y8w>



Neurons (aka Brain Cells)

- ▶ Neurons carry messages from one part of the brain to another and to the rest of the body
- ▶ Electric signals pass through the neuron, trigger the release of chemicals that reach the next neuron across the synapse, and the process starts again
- ▶ (Whimhurst)
- ▶ <https://www.youtube.com/watch?v=6Sz-l6RDrvU>
- ▶ <https://www.youtube.com/watch?v=hGDvVUNU-cw>

Neurochemistry

Why do we have feelings?



- ▶ Chemicals called neurotransmitters control emotions, memory, and general well-being.
- ▶ Serotonin: mood. Low levels of serotonin are linked to anxiety and depression
- ▶ Dopamine: pleasure. High levels are associated with high energy and pleasure.
- ▶ Norepinephrine: focus and alertness. High levels are associated with greater ability to concentrate, stay alert, and feel energized.

Neurochemistry

Why do we have feelings?

- ▶ Thoughts and perceptions cause the brain to release chemicals which affect our feelings
- ▶ Cortisol: stress hormone. Increases heart rate, breathing, body temperature, and reactivity. Released when afraid, angry, or in danger. Shuts off frontal lobe, preventing rational thought and good judgement and enabling instinctive reaction.
- ▶ Oxytocin: pleasure hormone. Causes us to feel happy, relaxed, excited.



What happens in your brain when...



What happens in your brain when...



What happens in your brain when...



What happens in your brain when...

