

SCCR

Scottish Centre for
Conflict Resolution

cyrenians

The Brain's Amazing Drugs Cabinet
brings you

The Brain's Sensational
"Mood Drug"



Motivates and improves your mood!

SEROTONIN

is packaged in nourishing relationships
and food, creativity, playfulness,
daylight and exercise!

Improves willpower and motivation

✕

Enhances mood and reduces impulsivity

Directions for use

Affects mood and social behaviour, sleep and
memory.

✕

Keep your Serotonin levels up by going for a walk
or making yourself a healthy meal.

Caution advised

Serotonin maintains mood and emotional
balance. Low levels of Serotonin can lead to
depression, lack of motivation and
poor impulse control.

Discover more of the Brain's Amazing Drugs at
www.scottishconflictresolution.org.uk