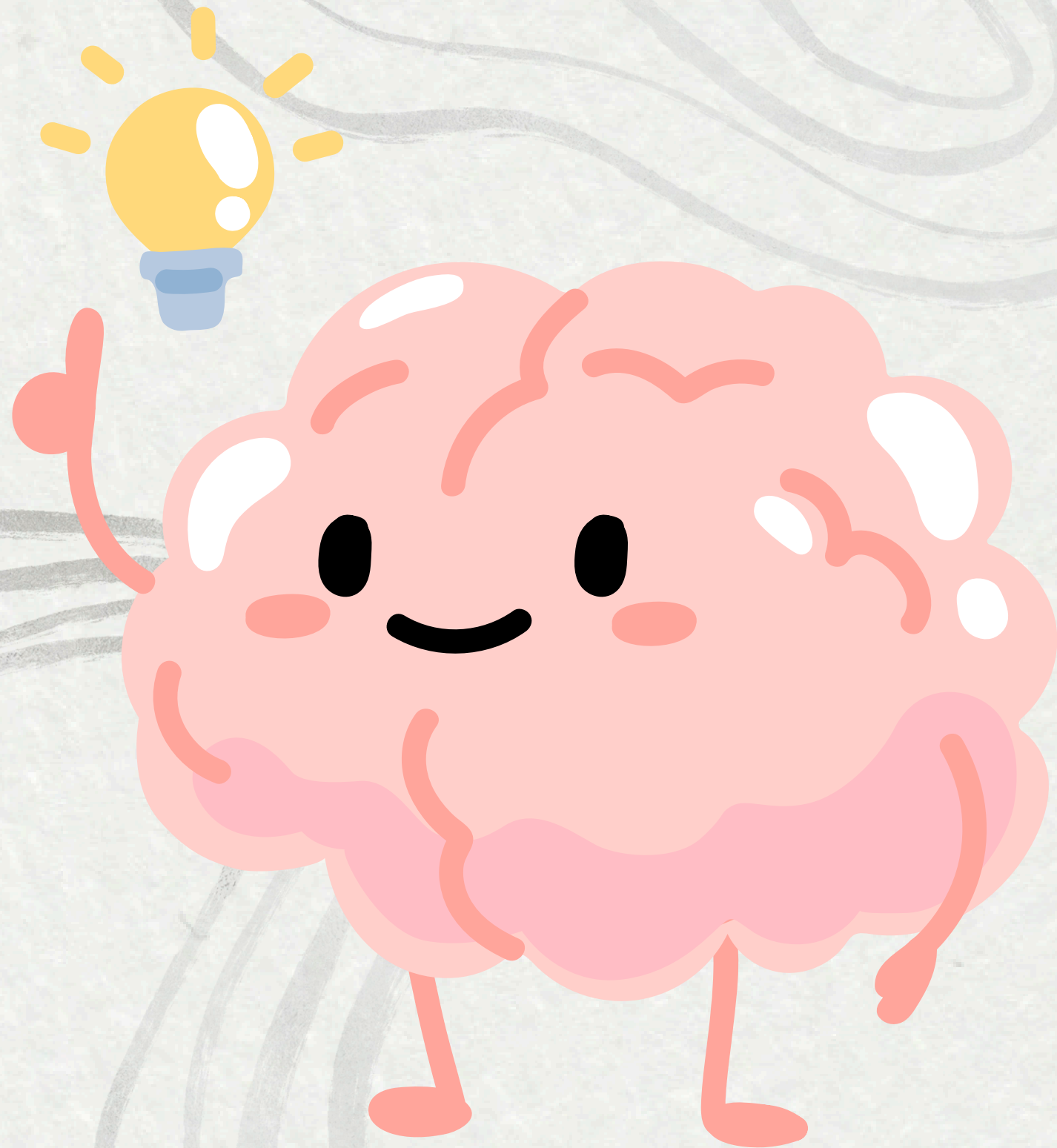


# HOW TO HAVE A HEALTHY BRAIN



# DOPAMINE

Dopamine is a brain chemical that boosts feelings of pleasure and motivation. It's released when we do enjoyable things, encouraging us to repeat them. It also helps us stay focused on goals. An imbalance can lead to issues like depression or addiction.

## Tips

- Exercise
- Healthy diet
- Sleep
- Sunlight
- Meditation
- Social connection





# ENDORPHINS

Endorphins are chemicals in the brain that act as natural painkillers and mood boosters. They're released during exercise, laughter, or enjoyable activities, helping reduce pain, stress, and improve your mood, often creating a feeling of happiness or euphoria.

## Tips to increase endorphin levels:

- Eat dark chocolate
- Sunlight
- Listen to music
- Laugh
- Meditate



# SEROTONIN

Serotonin is a brain chemical that helps control mood, sleep, and appetite. It's known as the "feel-good" neurotransmitter because it promotes feelings of happiness and calm. Low serotonin levels can be linked to depression and anxiety, making it important for mental and physical well-being.

## Tips to increase serotonin levels:

- Practice gratitude
- Exercise
- Meditation
- Socializing
- Sleep
- Massage





# GABA

GABA is a brain chemical that acts as the brain's "brake system." It helps calm nerve activity, reducing anxiety and stress, and promoting relaxation and better sleep. Low GABA levels can lead to anxiety and restlessness, so it's important for mental balance.

## Tips to increase GABA levels:

- Reduce stress
- Eat foods with high magnesium levels
- Meditation
- L-Theanine
- Exercise




# BEST PRACTICES FOR A HEALTHY BRAIN

- Exercise regularly
- Eat a brain-healthy diet
- Get enough sleep
- Stay mentally active
- Manage stress
- Socialize
- Stay hydrated
- Limit alcohol and avoid drugs
- Protect your brain
- Practice gratitude and positive thinking





The background features a repeating pattern of stylized, hand-drawn floral motifs in a light beige color. Each motif consists of a central stem with several rounded, loop-like petals or leaves radiating from it. The overall style is minimalist and modern.

**THANK YOU!!**