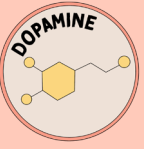


Neurotransmitters Overview

NURSE IN THE MAKING

	DESCRIPTION OF FUNCTION	KEY POINT TO KNOW	HOW IT AFFECTS MENTAL HEALTH	
			↓ LOW LEVELS	↑ HIGH LEVELS
 ACETYLCHOLINE	- Learning & retaining information - Attention span - Muscle movements	 MEMORY Low levels are associated with Alzheimer's and loss of memory	 Alzheimer's - Memory loss - Dementia	- Depression - Anxiety - Muscle paralysis
 DOPAMINE (catecholamine)	- Mood & pleasure sensation - Libido - Physical movement & motions - Sleep habits	 ADDICTION Dopamine release = reward & return (urge to repeat a behavior)	- Parkinson's - Depression - Fibromyalgia - Lack of motivation	- Schizophrenia - Hallucinations - Bipolar disorder - Manic episodes
 NOREPINEPHRINE (catecholamine)	- Attention span - Mood - Motivation - Energy - Concentration	 BALANCE IS KEY A swing in either direction can cause anxiety & depressive sensations	- Depression - ADHD/ADD - Postpartum depression	- Increased anxiety - Panic attacks - Overstimulation
 EPINEPHRINE (ADRENALINE) (catecholamine)	- Concentration & focus - Survival mechanisms	 FIGHT OR FLIGHT This response kicks in to save your body from dangerous situations	- Lethargy - Lack of motivation - Lack of concentration	- Anxiety - Panic attacks
 GABA (gamma-aminobutyric acid)	- Sleep regulation - Feelings of calm - Stimulation & brain activity	 CALM Balanced & elevated levels lead to sensations of calm	- Schizophrenia - Anxiety - Panic disorders - PTSD	- Improved concentration - Anxiety reduction - Sleep disorders or hypersomnia
 GLUTAMATE	- Memory - Nerve health & transmission	 EXCITEMENT This excitatory neurotransmitter helps transmit messages in the brain	- ADHD - Fatigue - Poor energy	- Restlessness - Anxiety & panic - Insomnia - Pain disorders
 SEROTONIN	- Mood regulation - Sleep - Libido	 MOOD  Low Serotonin think Low & Sad High Serotonin think Happy & Smiley	- Depression - Fatigue - Anxiety	Improved mood Dangerously high levels = serotonin syndrome