

every
woman

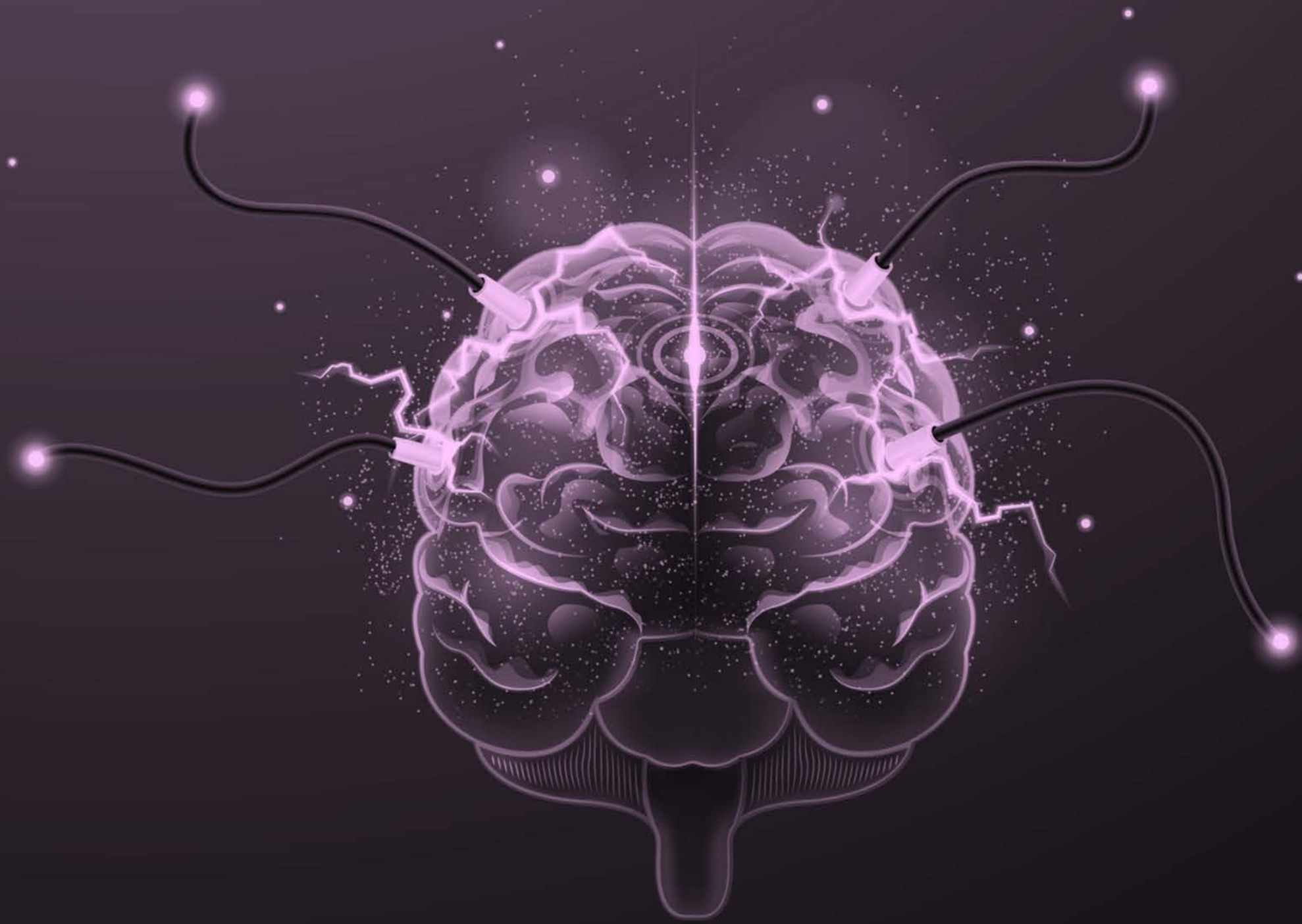
The chemistry of
wellbeing and
your mood



Sally Kettle

everywoman expert





Structure

1

Let's get moody!

2

All the 'feels'

3

Getting the balance right





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“The mind is like an iceberg, it floats with one-seventh of its bulk above water.”

”

Sigmund Freud

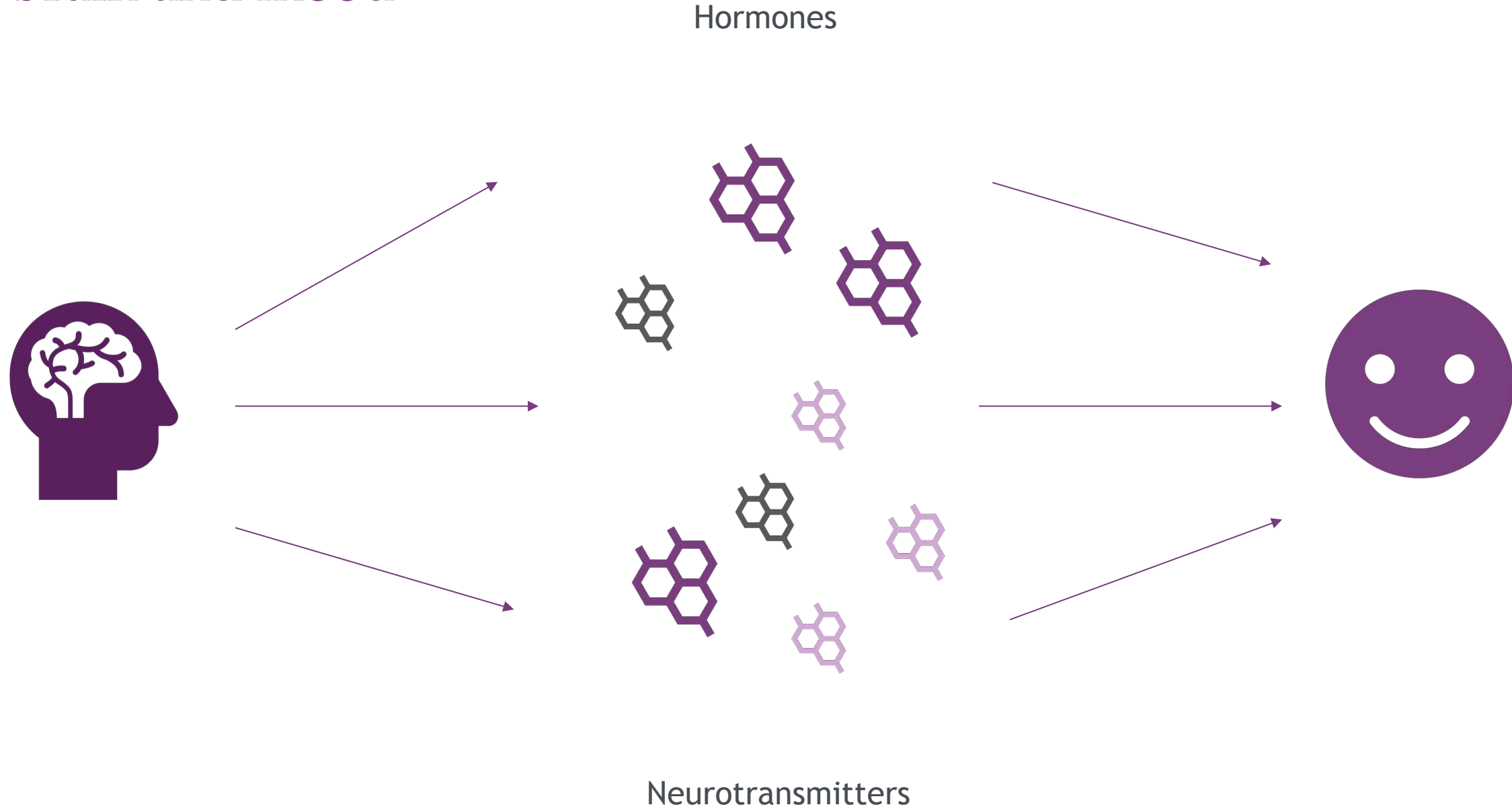


1. Let's get moody!

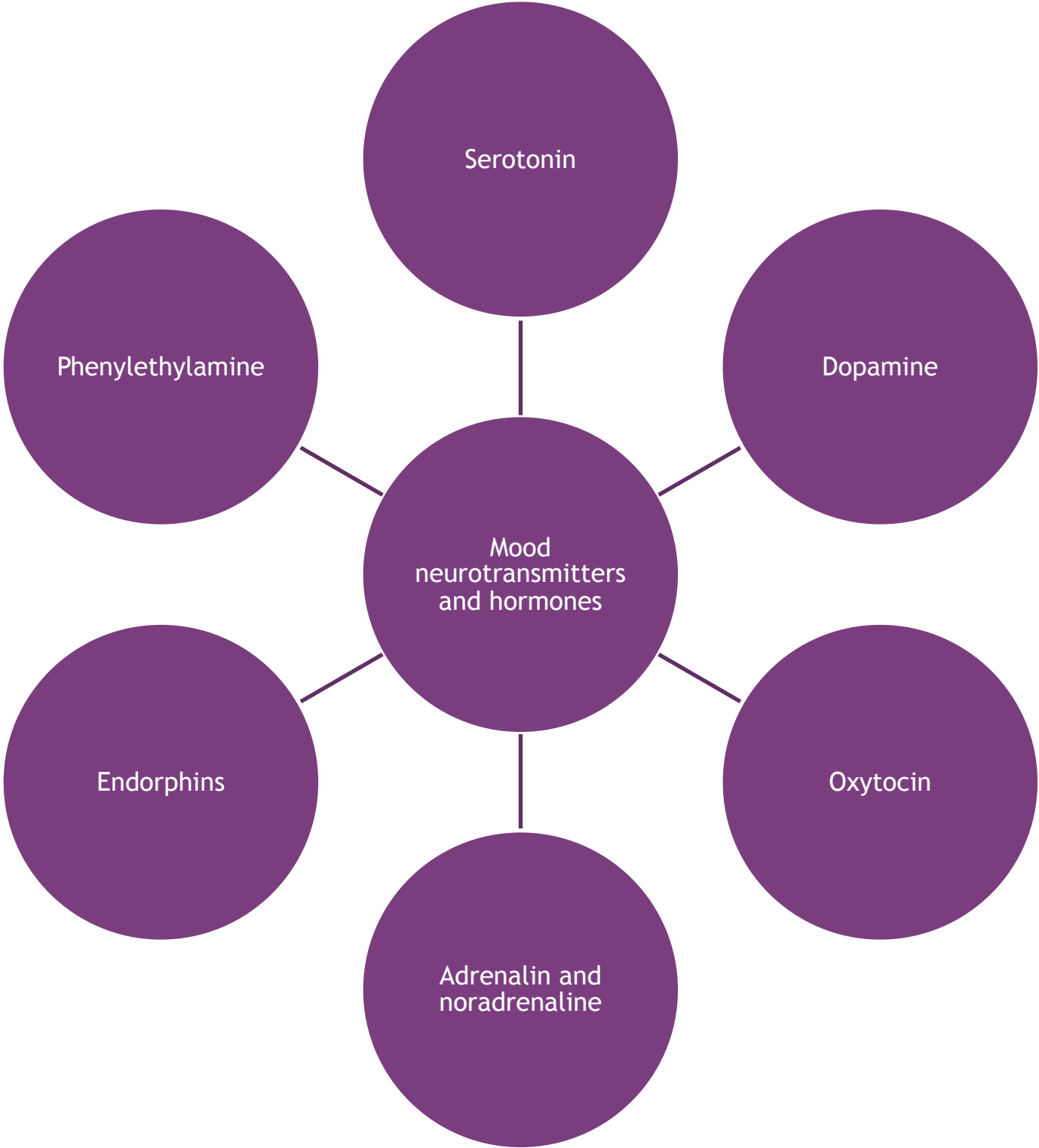
The science



The brain and mood



Mood chemicals



Endorphins - Pituitary gland and hypothalamus



Oxytocin and dopamine - Hypothalamus



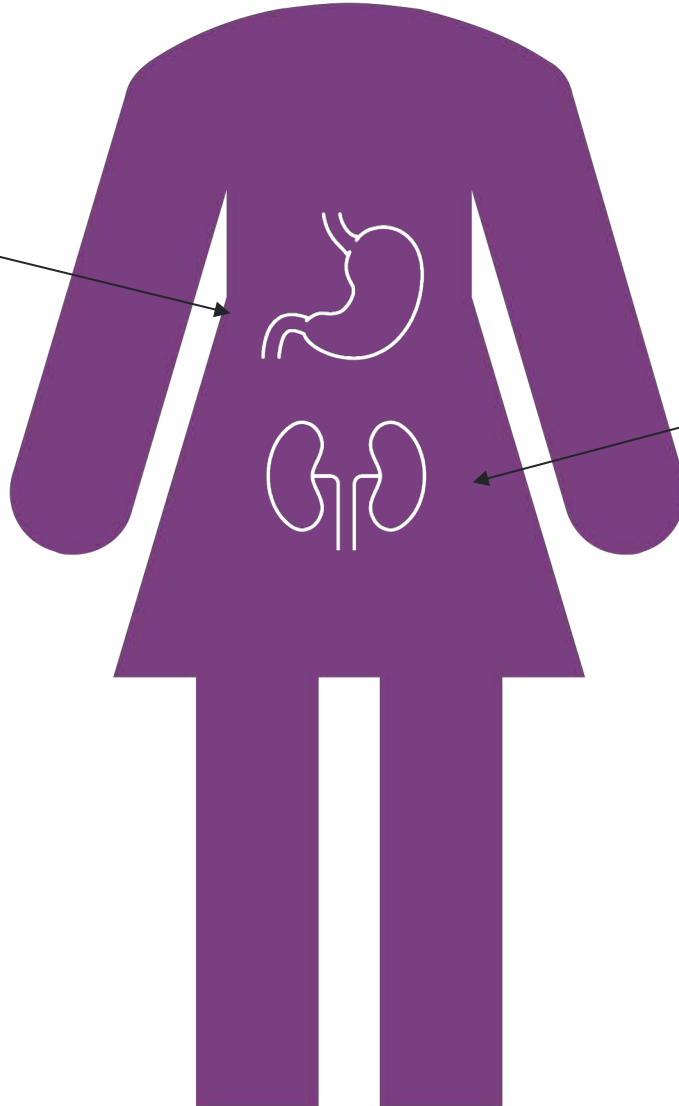
Serotonin - Gastrointestinal tract



Adrenaline and noradrenaline - Adrenal Glands



Phenylethylamine - Produced from an amino acid (and chocolate!)



Other hormones

Oestrogen

- Increases serotonin
- Increases serotonin receptors
- Effects and modifies endorphins

Testosterone

- Affects energy levels
- Impacts on libido

Cortisol

- Stress hormone
- Dysfunction - stress-induced inflammation



Chemical Balance

Happy/content

Balanced moods

Optimal stress response

Chemical Imbalance

Mood disorders

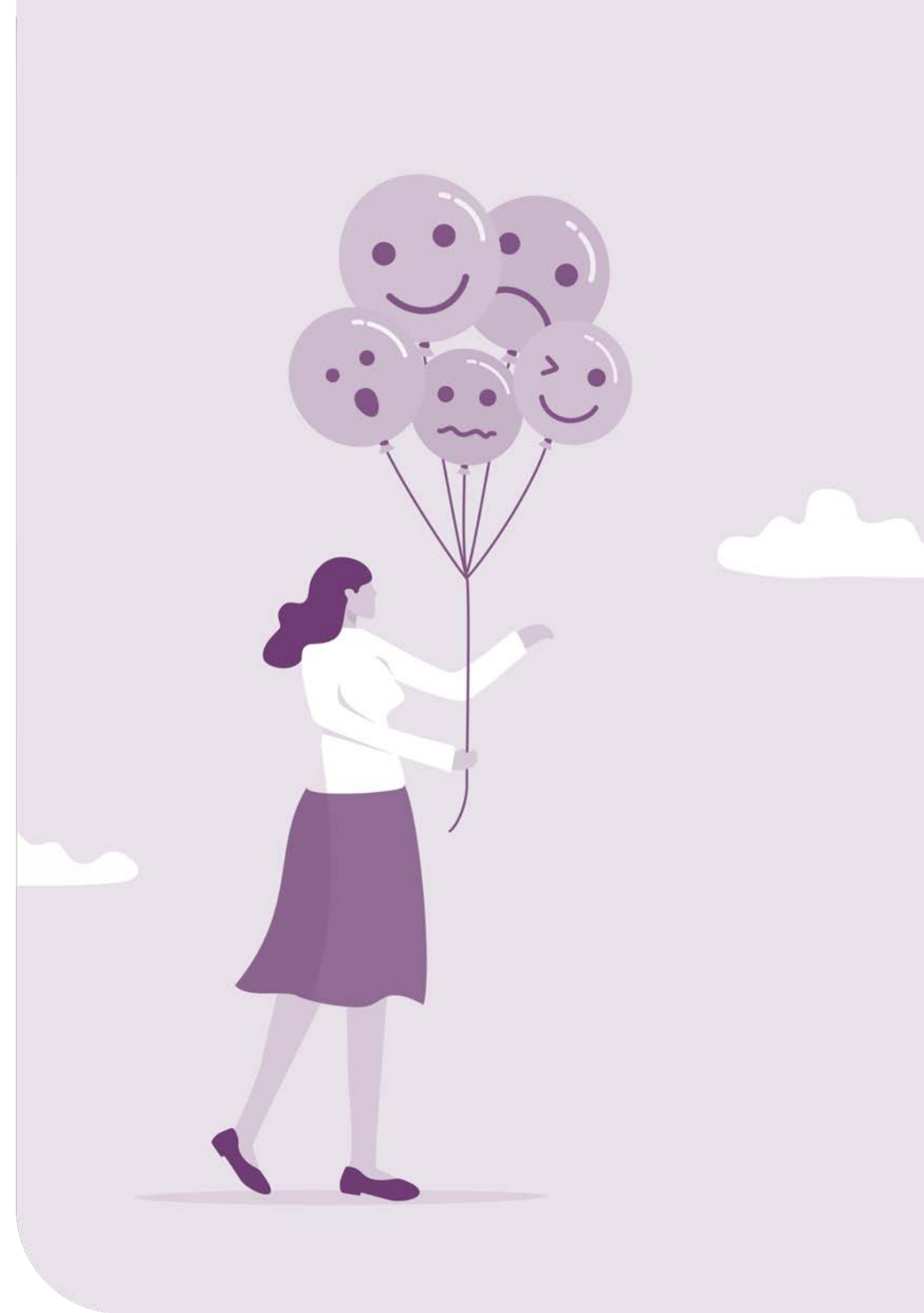
Mental health conditions



We don't always know why
some people are more
susceptible than others



2. All the 'feels'





1. Serotonin
'Happy' hormone

Serotonin

- Stabilises mood
- Happiness and wellbeing
- Influences appetite
- Bowel function
- Blood clotting
- Bone health
- Regulates sleep cycle



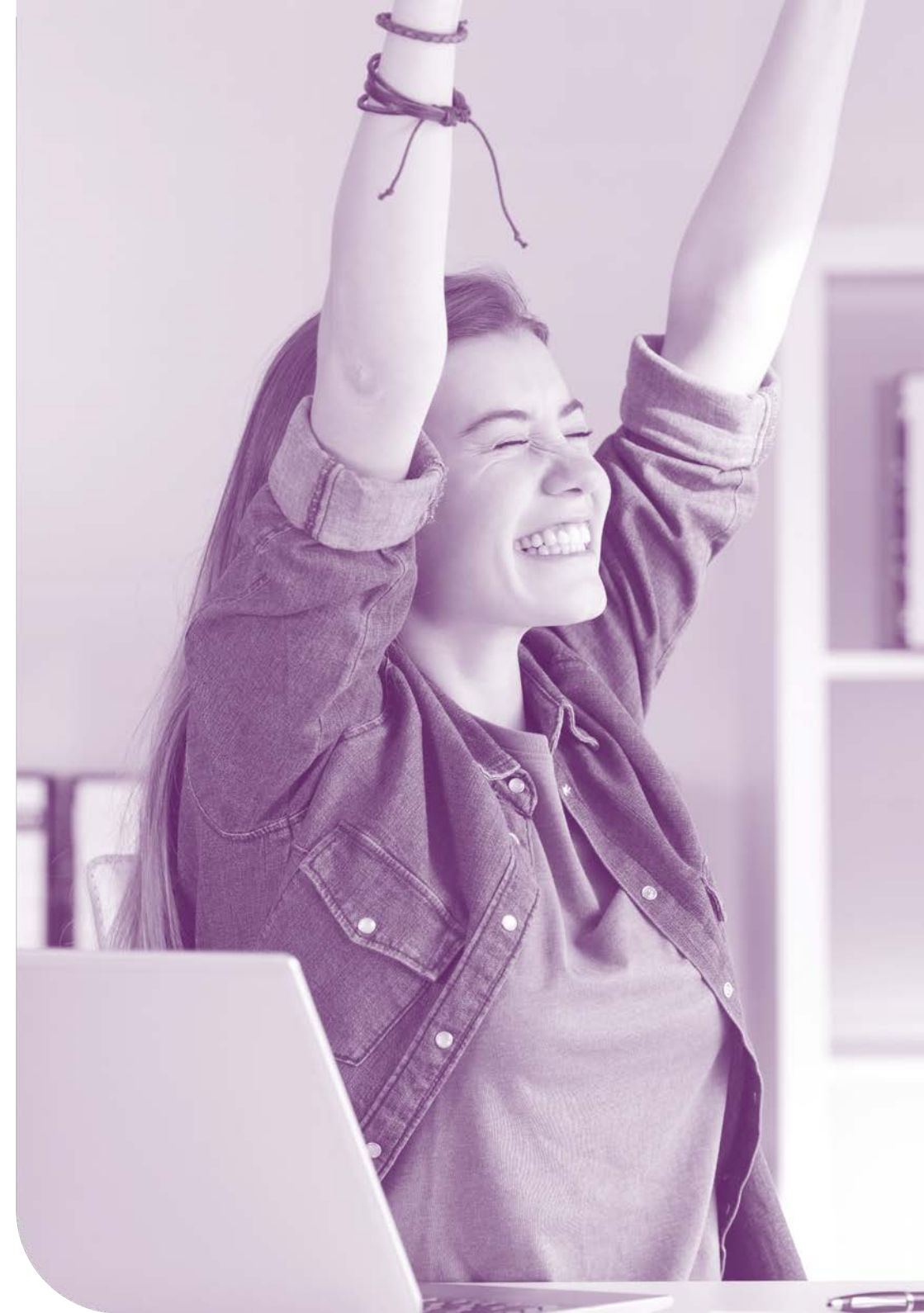
A purple bar chart with 20 bars of increasing height from left to right. Two runners are silhouetted on top of the bars, running from left to right. The background is a light purple gradient with a subtle circular pattern.

2. Dopamine

'Motivation' hormone

Dopamine

- Feelings of pleasure, satisfaction, and motivation
- Improves memory
- Supports motor skills
- Thrill and rush seekers produce more



A photograph of two women embracing in a cafe. The woman on the right is laughing joyfully, her mouth wide open, and has her arms wrapped around the other woman. The woman on the left is seen from the side, wearing a light-colored sweater. The background is a blurred cafe interior with tables and chairs. The entire image has a purple color overlay.

3. Oxytocin
'Hug' hormone

Oxytocin

- Feelings of trust, empathy, and bonding
- Childbirth
- Breastfeeding
- Sex

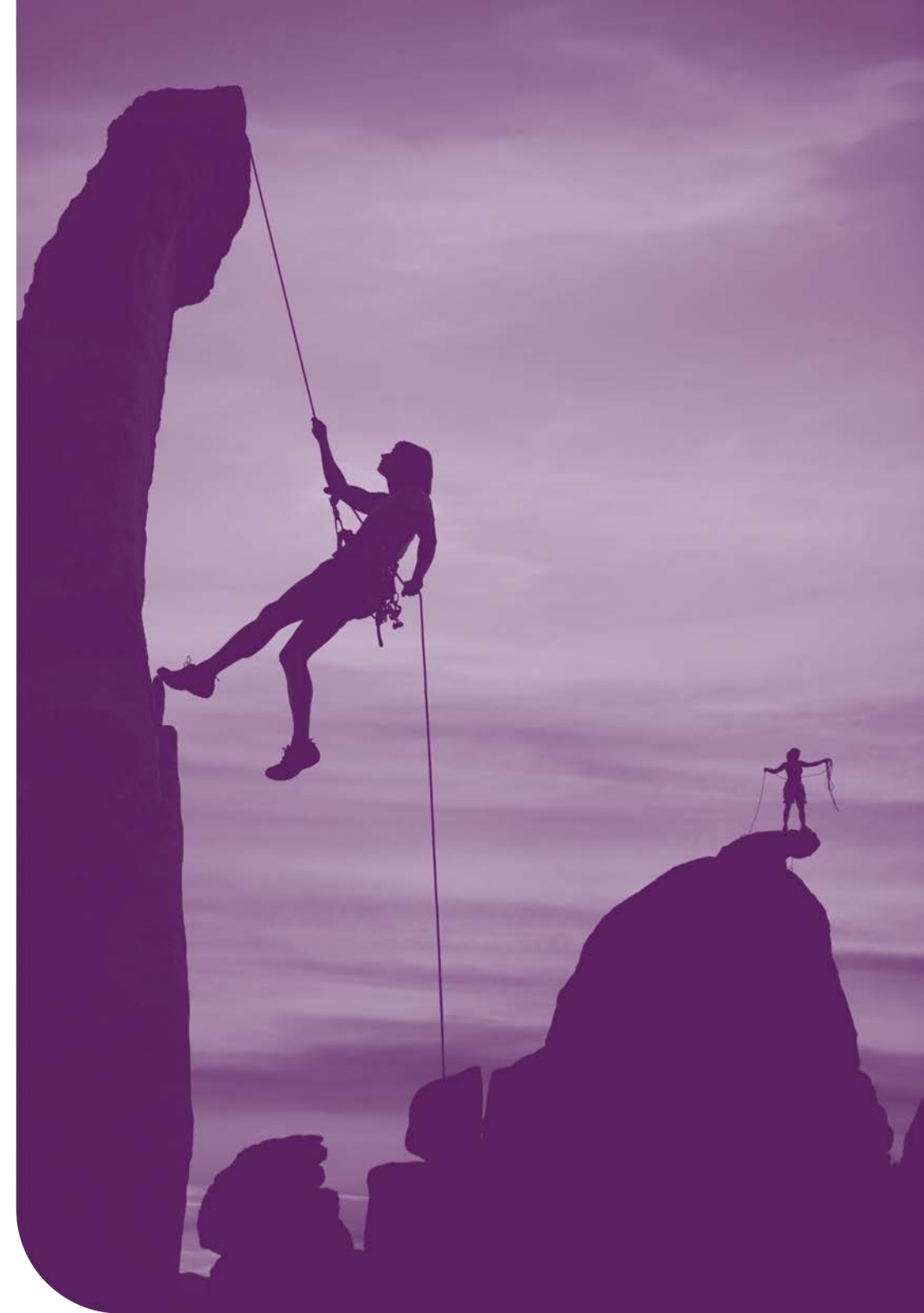




4. Adrenaline & Noradrenaline 'Courage' hormone

Adrenaline & Noradrenaline

- Quick energy release
- Exhilarating ‘rush’
- Kicks in during ‘short-term’ stress

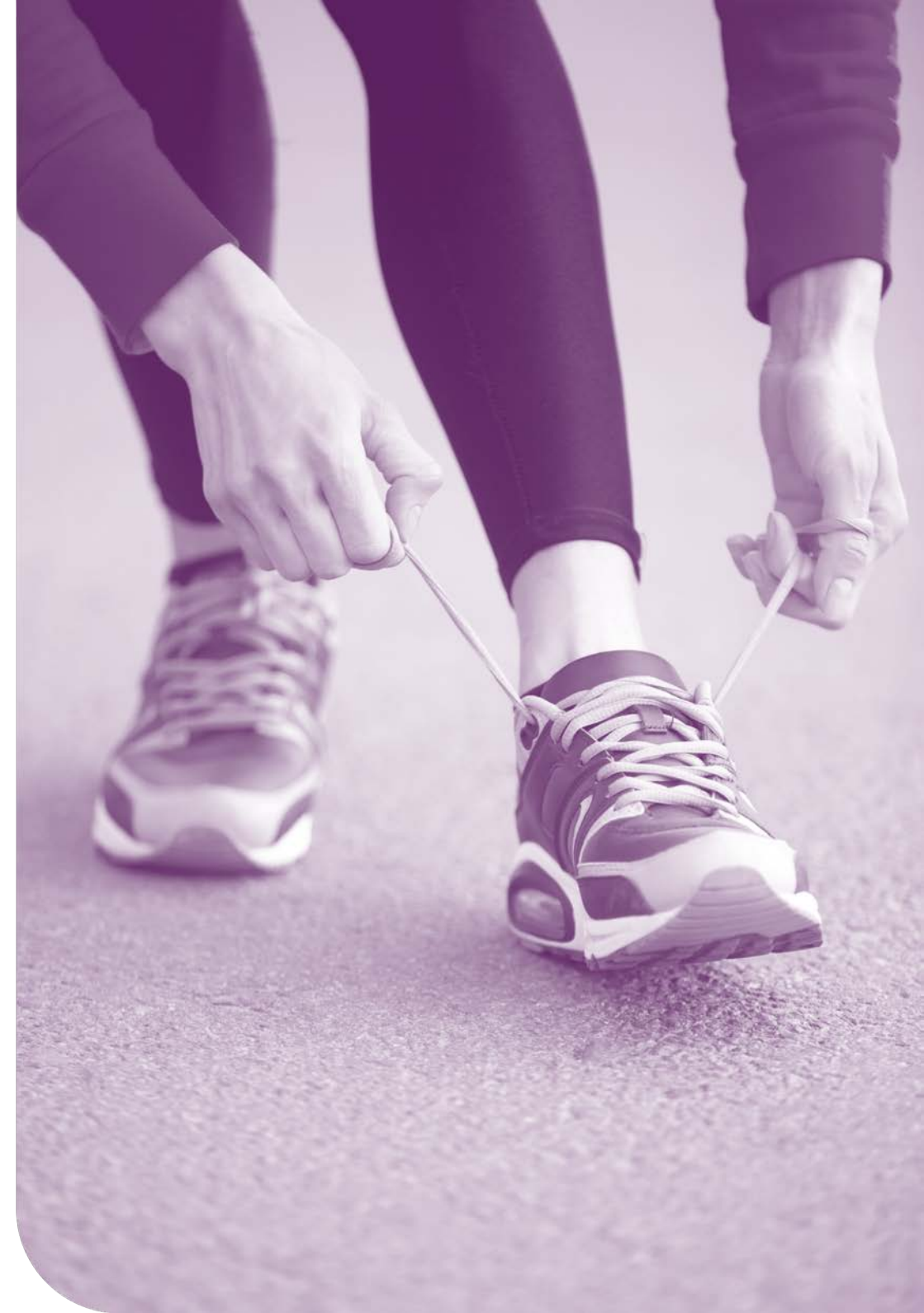




5. Endorphins
'Painkiller' hormone

Endorphins

- Prevent pain stimuli from reaching brain
- Numb pain & exhaustion
- Post workout energy boost





6. Phenylethylamine
'Love' hormone

Phenylethylamine

- Tummy tingles
- + Oxytocin = relationship 'love'
- Pleasure and concentration - 'Flow'
- "Chocolate is better than sex"



Serotonin

- Too little:
- Anxiety
- Panic
- Phobias
- Craving Carbs

Dopamine

- Too little:
- Back Pain
- Constipation
- Depression
- Parkinson's

Oxytocin

- Too much:
- Emotional distress
- Anxiety
- Insomnia

Endorphins

- Too little:
- Depression
- Fibromyalgia
- Too much:
- Exercise addiction

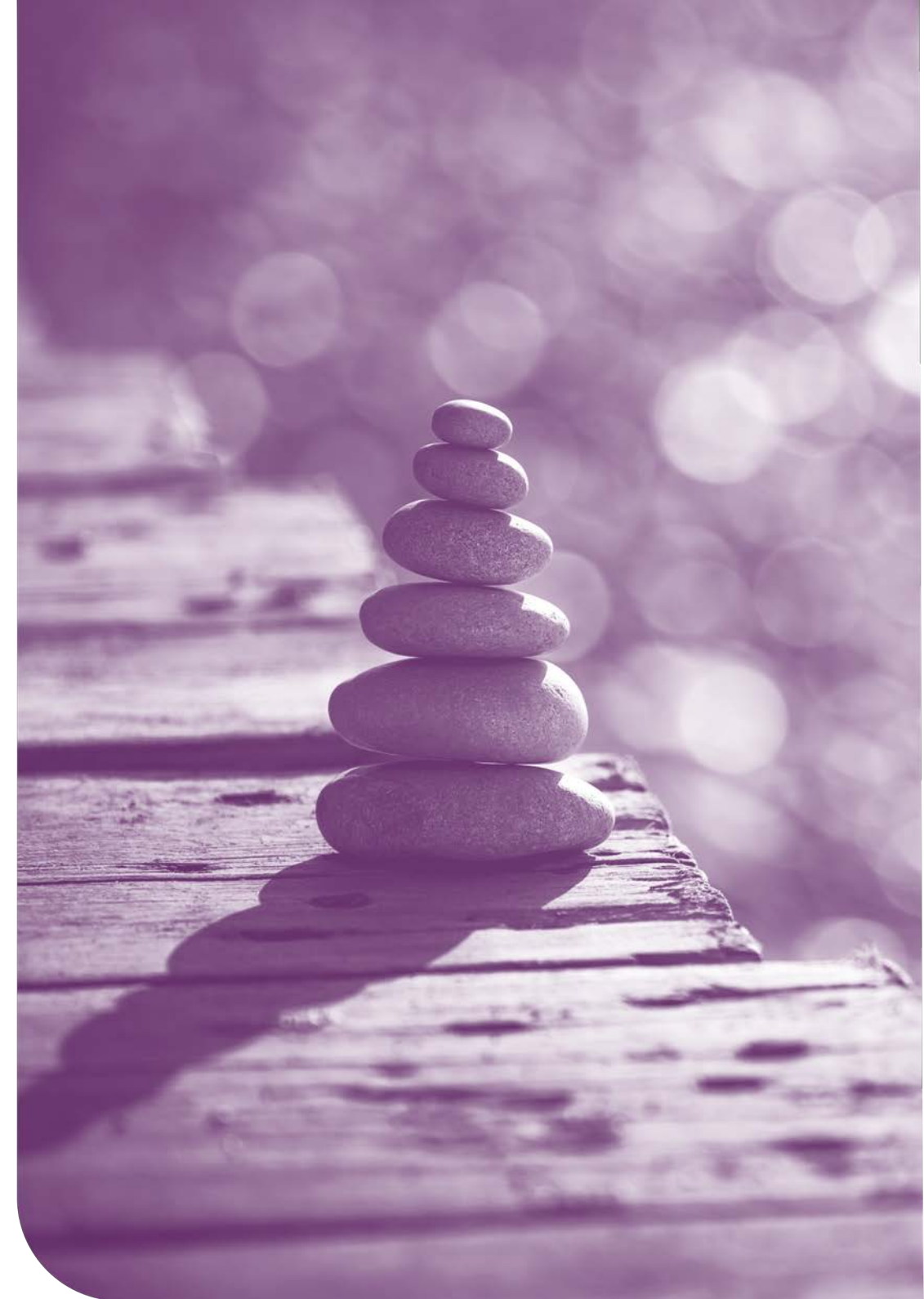
Adrenaline

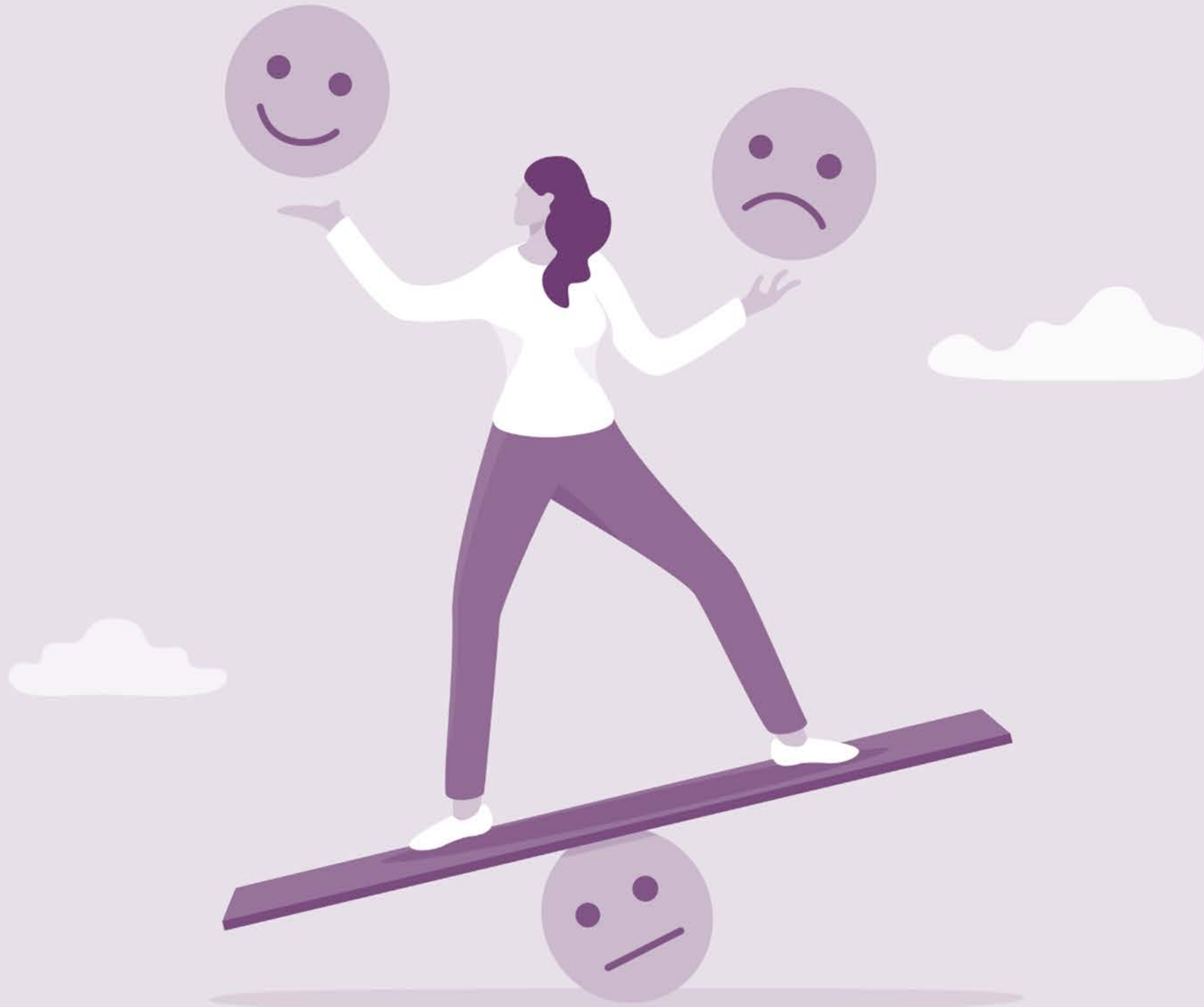
- Too much:
- Heart palpitations
- Anxiety
- Heart damage

Phenylethylamine

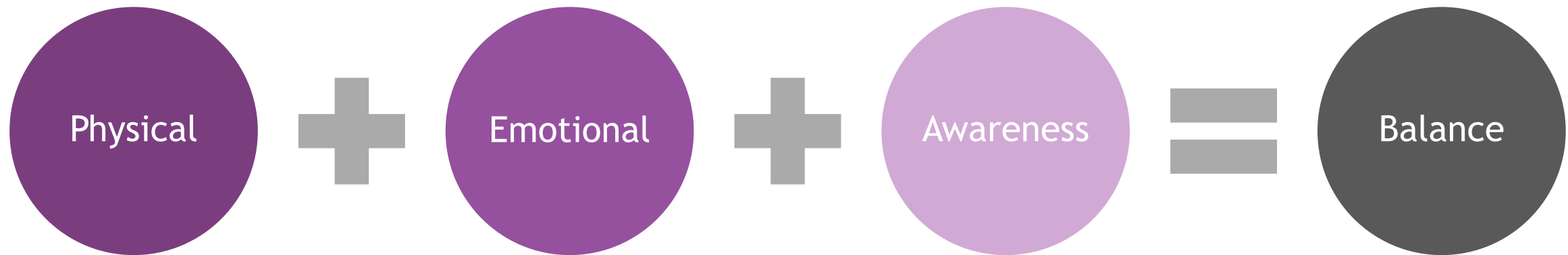
- Too little:
- Depression
- Weight loss
- Increased chance of ADHD

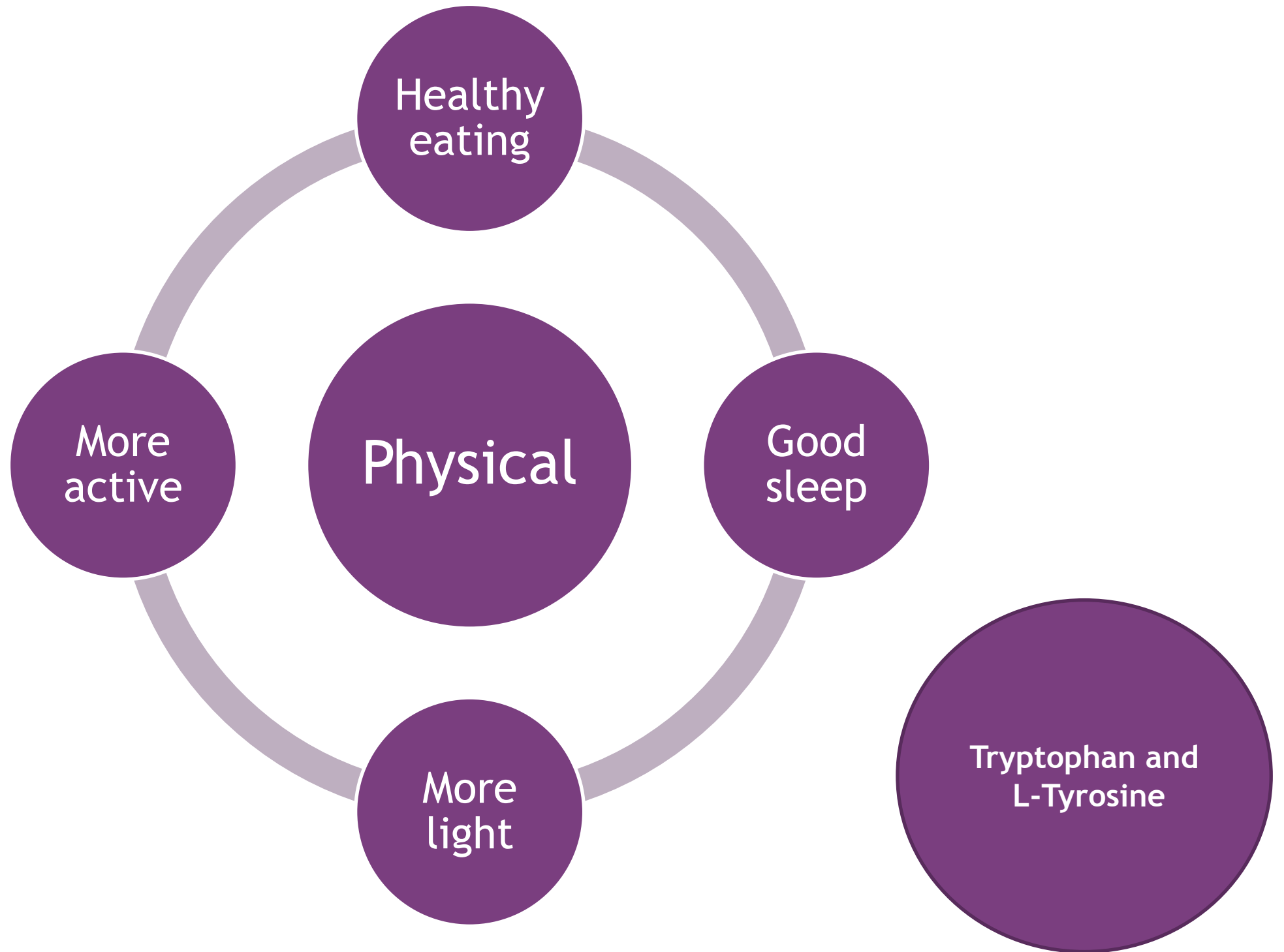
3. Getting the balance right

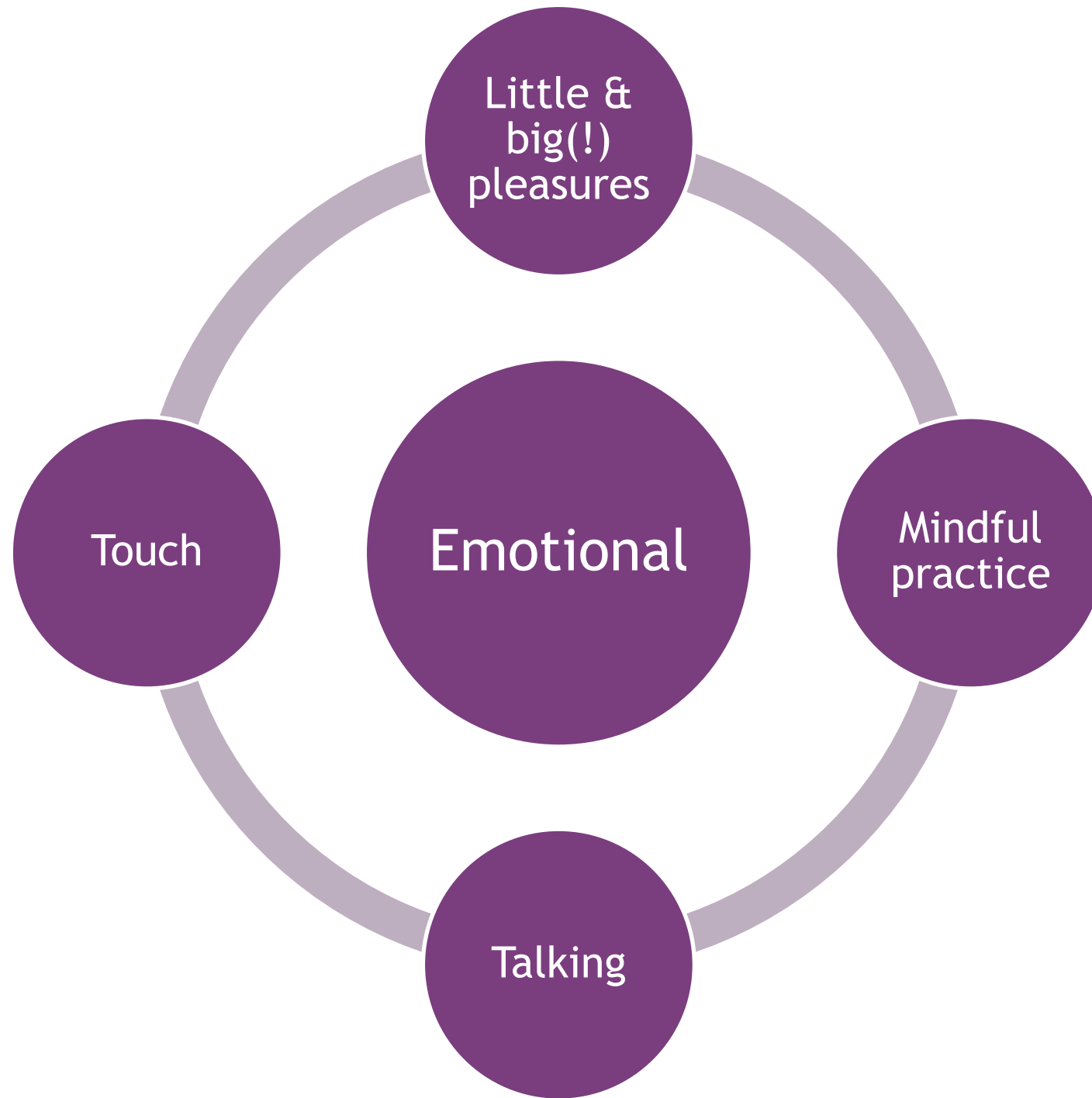




Self-care for balance

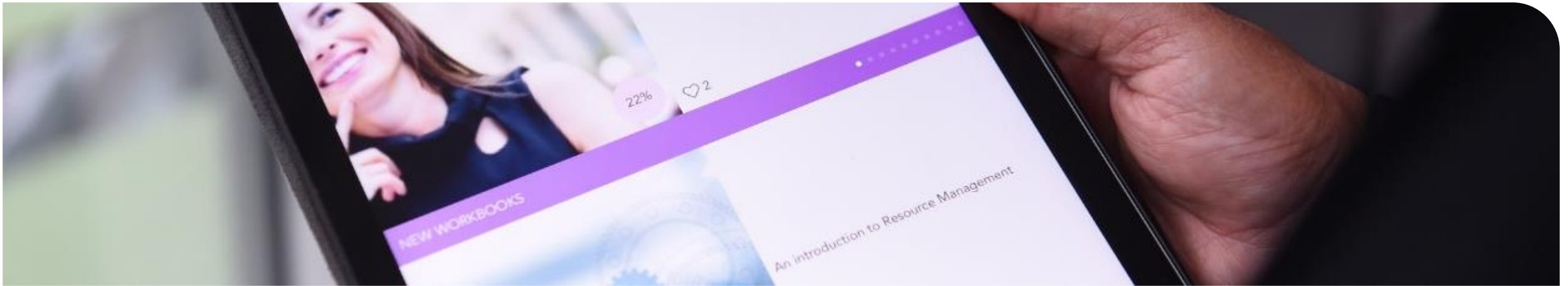






Awareness





Poll One

What next?

- A - Research
- B - Invest in physical or emotional self-care
- C - Increase awareness of moods
- D - One or more of the above



“

“Genuine happiness consists in those spiritual qualities of love, compassion, tolerance and forgiveness...”

”

Dalai Lama XIV

...and
balanced
chemical
neurotransmitters
and hormones!