

# 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.

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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](http://www.scottishconflictresolution.org.uk)

# The Brain's Amazing Drugs Cabinet

brings you

## The Brain's Sensational "Mood Drug"



Motivates and improves your mood!