

# SEROTONIN

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

Improves willpower and motivation

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Enhances mood and reduces impulsivity

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Affects mood and social behaviour, sleep and memory

## Directions for use

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

## Caution advised

Serotonin maintains mood and emotional balance. Reduced levels of Serotonin can lead to low mood, 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)



SCCR

Scottish Centre for  
Conflict Resolution

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The Brain's Amazing Drugs Cabinet  
brings you

The Brain's Sensational  
"Mood Drug"



Motivates and improves your mood!