

CORTISOL

is packaged in moments of
perceived threat, danger & stress

Heightens your senses

✕

Focuses memory and concentration

✕

Protects your body

✕

Controls energy release and use

Directions for use

To reduce levels of Cortisol in the blood stream, address areas of constant conflict or long-term stress. Exercise, relaxation techniques and enjoyable activities can help reduce Cortisol too.

Caution advised

While initially Cortisol makes you alert, helps you retrieve old memories and focuses attention, persistent conflict or stress leads to overuse: Cortisol will make your body and mind inflexible making you unable to “put yourself in someone else’s shoes” or have “a change of heart”.

Discover more of the Brain’s Amazing Drugs at
www.scottishconflictresolution.org.uk



The Brain's Amazing Drugs Cabinet
brings you

The Brain's Complete
"Protective Drug"



Your body's natural alert system and
chemical armour - in one!