

SCCR Scottish Centre for
Conflict Resolution

cyrenians

The Brain's Amazing Drugs Cabinet

brings you

The Brain's Amazing
"Action Drug"



Our fastest-acting
neurotransmitter ever!

ADRENALINE

is packaged in moments of
action, excitement & stress

Heightens your senses

✕

Improves your body's performance & stamina

✕

Acts fast - when triggered by **Noradrenaline** - so
you're always prepared for danger

Directions for use

To avoid Adrenaline overwhelming your system,
exhale and let the breath flow in.

Take a step back to gain a different perspective
to avoid confrontation (and more Adrenaline
being released).

Caution advised

Too much Adrenaline can cause action to become
aggression, as it narrows your focus and impairs
judgement.

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!

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”.

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The Brain's Amazing Drugs Cabinet
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The Brain's Deluxe
"Joy Drug"



Our MASTER KEY
for all the other Brain Drugs!

DOPAMINE

is packaged in moments of anticipation,
excitement and adventure

Creates a sense of euphoria

✕

Heightens experience

✕

Improves creativity and problem-solving

✕

Helps you make faster and better connections
between thoughts, ideas and feelings

✕

Enhances the effects of all the other Brain Drugs

Directions for use

To increase levels of Dopamine, listen to your favourite music, exercise, socialise with friends or do something you enjoy.

Caution advised

Excessive Dopamine levels may increase risk-taking behaviour.

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The Brain's Amazing Drugs Cabinet
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The Brain's Exquisite
"Tranquillising Drug"



Enhances pleasure and eliminates pain!

ENDORPHINS

are Packaged in social or physical activity or just being with friends!

Provide feelings of elation and relief from pain

✕

Promote a sense of excitement and satisfaction

✕

Increase social confidence

Directions for use

Released during sport, exercise, and creative activities as well as just being with friends and loved ones.

Caution advised

Excessive amounts can be responsible for heightened states of rage or anxiousness.

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The Brain's Amazing Drugs Cabinet
brings you

The Brain's Greatest
"Anxiety-alleviating and
Alertness-inducing Drugs"



Our dazzling dual-action combo
for controlling anxiety and
creating awareness!

GABA & Glutamate

work together to maintain the
perfect balance between excitement
and anxiousness

GABA Glutamate

reduces fear
soothes and calms



has an excitatory and
awakening effect
enhances concentration

Directions for use

Gaba: Find some relaxation techniques that work for you. Why not try yoga, journalling, or a breathing exercise?

Glutamate: Increase your heart rate through exercise or going on a walk.

Caution advised

Remember to keep GABA and Glutamate balanced by taking regular breaks and avoid taking on too much.

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The Brain's Amazing Drugs Cabinet
brings you

The Brain's Marvellous
"Sleep Drug"



Adjusts to your body-clock to deliver a
natural sleep cycle

MELATONIN

*is delivered in time
with your own internal clock!*

Helps to control your sleeping and waking cycles

✕

Regulated by daylight

✕

Works best with regular sleep habits

✕

Sensitive to seasonal changes in natural daylight

Timings and dosage may vary

Directions for use

Reduce blue light and screen time 1.5 hours before bed. Add into your night time routine some calming activities or relaxation techniques e.g. read a book, listen to relaxing music, have a warm shower/bath.

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The Brain's Amazing Drugs Cabinet

brings you

The Brain's Outstanding
"Love Drug"



The most natural way to feel
happy and loved!

OXYTOCIN

is packaged in warm, loving relationships and safe environments!

Promotes feelings of love and trust

✕

Improves connection and communication

✕

Reduces anxiousness and aggression

✕

Increases self-confidence

Directions for use

To increase levels of Oxytocin spend time with loved ones, do something you enjoy or just relax and listen to your favourite music.

Caution advised

To maintain Oxytocin levels, be generous with love and affection, with smiles, hugs and cuddles!

Discover more of the Brain's Amazing Drugs at
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We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant. Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.



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The Brain's Amazing Drugs Cabinet
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The Brain's Sensational
"Mood Drug"



Motivates and improves your mood!

SEROTONIN

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

Improves willpower and motivation

✕

Enhances mood and reduces impulsivity

✕

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.

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