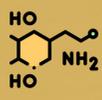


THE BRAIN CHEMISTRY RESET MAP

A 1-PAGE SYSTEM TO RESET MOOD, FOCUS, AND ENERGY IN MINUTES.



DOPAMINE

The Drive Accelerator

"I feel stuck, unmotivated, procrastinating."

SIGNAL
Dopamine is depleted.

RESET IT

- Set 1 small goal.
- Delay your first reward.
- Get morning sunlight.
- Move your body.



SEROTONIN

The Mood & Confidence Stabilizer

"I feel low, self-critical, disconnected."

SIGNAL
Serotonin is low.

RESET IT

- Walk in the sun.
- Eat protein + complex carbs.
- Write down 3 small wins.
- Practice gratitude or journal.



GABA

The Anxiety Off Switch

"My mind won't slow down. I feel tense."

SIGNAL
GABA is low.

RESET IT

- Breathe slowly (inhale 4, exhale 6).
- Sip green tea (L-theanine).
- Do light stretching.
- Cut screens before bed.



ACETYLCHOLINE

The Focus & Learning Fuel

"I feel foggy, scattered, unfocused."

SIGNAL
Acetylcholine is underactive.

RESET IT

- Do 60–90 minutes of deep work.
- Visualize a task before doing it.
- Eliminate all distractions.
- Eat eggs (yolks) or salmon.



ENDORPHINS

The Natural High

"I feel flat, joyless, dull."

SIGNAL
Endorphins are low.

RESET IT

- Move intensely (HIIT or dancing).
- Laugh deeply.
- Take a cold shower.
- Eat 70%+ dark chocolate.



OXYTOCIN

The Connection Hormone

"I feel alone, emotionally distant."

SIGNAL
Oxytocin is depleted.

RESET IT

- Make soft eye contact with someone you trust.
- Hug someone you trust (20+ seconds).
- Share something kind or vulnerable.
- Pet your dog or cat.



CORTISOL

The Stress Regulator

"I feel wired but tired, reactive, or inflamed."

SIGNAL
Cortisol is chronically elevated.

RESET IT

- Prioritize deep sleep (no screens at night).
- Get sunlight in the first hour of the day.
- Avoid sugar spikes (eat protein/fats).
- Use slow breathing to downshift.



NOREPINEPHRINE

The Mental Clarity Switch

"I feel foggy, sluggish, slow to act."

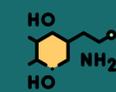
SIGNAL
Norepinephrine is low.

RESET IT

- Do 30 seconds of high-intensity movement.
- Play upbeat music (90–140 BPM).
- Splash cold water on your face.
- Tidy up your environment.



BALANCED



DOPAMINE



ACETYLCHOLINE

DRIVE +
PRECISION
DEEP WORK



SEROTONIN



GABA

CALM
CONFIDENCE
ANTI-ANXIETY ARMOR



ENDORPHINS



OXYTOCIN

JOY +
CONNECTION
RESILIENCE AND WARMTH



CORTISOL



NOREPINEPHRINE

HIGH
OUTPUT
WITHOUT BURNOUT

UNLOCK
YOUR
BRAIN
CHEMISTRY



A TACTICAL GUIDE
TO THE 8 NEUROCHEMICALS THAT CONTROL
FOCUS, MOTIVATION, MOOD, AND CLARITY

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USE THIS MAP. FEEL THE SHIFT.

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