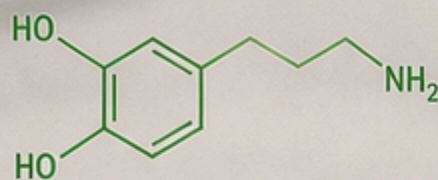


DOPAMINE

Reward & Calm

The feel-good neurotransmitter



EFFECTS ON THE BODY

BRAIN



- Enhances pleasure
- Motivation & learning
- Calm & contentment

HEART



- Steady heart rate
- Sense of well-being
- Emotional balance

MUSCLES



- Relaxed muscles
- Recovery & growth
- Loose and flexible



DOPAMINE PATHWAY
Calm • Rewarded • Safe
Balanced body & mind

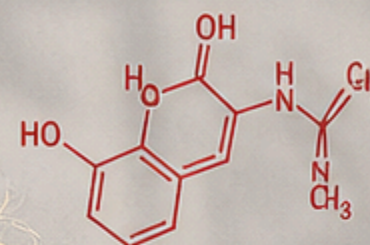


HYBRID

ADRENALIN

Alert & Prepare

The fight-or-flight hormone



EFFECTS ON THE BODY

BRAIN



- Heightened alertness
- Faster reactions
- Focus on threats

HEART



- Increased heart rate
- More blood flow
- Ready for action

MUSCLES



- Muscle tension
- Increased strength
- Quick energy burst



ADRENALIN PATHWAY
Alert • Act • Survive
Short-term response

+

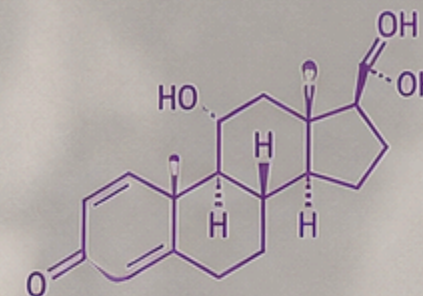


CORTISOL PATHWAY
Protect • Endure • Adapt
Long-term stress impact

CORTISOL

Stress & Protect

The long-term stress hormone



EFFECTS ON THE BODY

BRAIN



- Heightened vigilance
- Anxiety & worry
- Impaired memory

HEART



- Sustained heart rate
- Higher blood pressure
- Strain on heart

MUSCLES



- Muscle breakdown
- Stiffness & fatigue
- Slower recovery