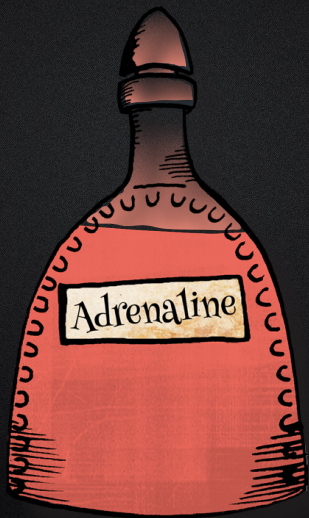


The Brain's Amazing Drugs Cabinet

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

Caution advised

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

Directions for use

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

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

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

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".

Directions for use

To reduce levels of Cortisol in the blood stream address areas of constant conflict or long term stress, through exercise, relaxation techniques and by having more fun!

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

The Brain's Amazing Drugs Cabinet

brings you

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

Benefits include

"Seeing the bigger picture", and feeling like
"It's all coming together".

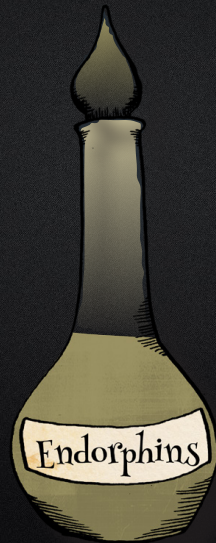
Caution advised

Excessive Dopamine levels may cause risk-taking
behaviour or cause you to put yourself
in harm's way.

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

The Brain's Amazing Drugs Cabinet
brings you

The Brain's Exquisite
"Tranquilising 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, sex or just being
with friends and loved ones.

Also produced in response to stress or fear to
block pain and numb feelings.

Caution advised

In excessive amounts can be responsible for
heightened states of rage or anxiety; things could
"end on a sour note."

This bittersweet drug can cause you to put things
"to the back of your mind".

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

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 anxiety

GABA Glutamate

reduces fear



soothes and calms

has an excitatory and
awakening effect

enhances concentration

Directions for use

GABA and Glutamate work together to allow the brain to learn from repeated action so "practice makes perfect", and to retrain the mind to learn new, different or better ways of doing things.

Caution advised

Remember to keep GABA and Glutamate balanced by taking regular breaks and avoid "biting off more than you can chew".

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

SCCR Scottish Centre for
Conflict Resolution | cyrenians

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

Teenagers produce Melatonin much later in
the day, taking up to two hours longer to
produce enough Melatonin to induce sleep
than a child or adult.

×

Melatonin levels slowly drop with age.
Some older adults make less and less
Melatonin as they age or none at all.

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

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Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.



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 anxiety 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
www.scottishconflictresolution.org.uk

The Brain's Amazing Drugs Cabinet
brings you

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

Directions for use

Affects mood and social behaviour, sleep and
memory.

✕

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

Caution advised

Serotonin maintains mood and emotional
balance. Low levels of Serotonin can lead to
depression, lack of motivation and
poor impulse control.

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