



Cocktails at Work!



Which Cocktail will you choose?

Did you know that people walk into a room, workspace, classroom or training room full of chemicals?

Often, they are unhelpful, hindering the day ahead, BUT what if we knew how to change them in ourselves and influence change in others!



The Devil's Cocktail

Every Neurotransmitter and hormone is needed and beneficial, it's just when it is unbalanced that we need to change things. Hormones and neurotransmitters are different chemical messengers.

CORTISOL - Everyone has high cortisol from time to time, and levels vary throughout the day. It's part of your body's natural response to threats of harm or danger.

Balance

Healthy diet, sleep, reduce caffeine, relaxation techniques, breathing, talking, positive self talk, addressing problems you can influence, counselling

NORADRENALIN/NOREPINEPHRINE

Norepinephrine are very similar neurotransmitters and hormones.

While epinephrine has slightly more of an effect on your heart, norepinephrine has more of an effect on your blood vessels. Both play a role in your body's natural fight-or-flight response to stress

Balance

Exercise, healthy diet, sleep, actively seek things that make you feel happiness or joy. Engage in activities that create a sense of flow. *Boost good chemicals to help balance*

ADRENALIN/EPINEPHRINE

Adrenaline, also called epinephrine, helps your body react more quickly to a threat. It makes the heart beat faster, increases blood flow to the brain and muscles, and stimulates the body to make sugar to use for fuel. When adrenaline is released suddenly, it's often referred to as an adrenaline rush.

Balance

As for noradrenalin/norepinephrine above. Particularly activity and exercise. Yoga, TaiChi, meditation, breathing exercises, reduce caffeine and alcohol consumption, avoid internal and external stimulants (loud music, bright flashing lights) *Boost good chemicals to help balance*

NB: If you are unable to manage or struggling, please see your GP or seek professional help as there may be underlying conditions.



The Angel's Cocktail

Oxytocin, dopamine, and serotonin are often referred to as our "happy hormones."

When they are released you feel a surge of positive emotion

DOPAMINE - Feeling alertness, focus, motivation, and happiness. Can make you feel euphoric. Low dopamine may make you feel low, with lack of concentration and even sleep.

Balance

Complete/achieve something to feel success, reading, baking cookies, pamper/self-care, celebrate, eat, music, be creative, find quick wins, do what makes you happy! (healthy stuff please!)

OXYTOCIN - Often referred to as the the love hormone, cuddle hormone, or bonding hormone

Balance

Positive engagement with an animal, pet, baby. Hug, share compliments, hold hands, be with friends, find human connection, experience empathy

SERATONIN - This affects every part of you; It helps with sleeping, healing, and digesting. Serotonin is also thought to be a natural mood stabiliser.

Balance

Move, exercise, fresh air and sunshine, be with nature, walk outside, meditate & breathing techniques; try swimming, cycling, dancing and eat tryptophan - e.g. bananas, milk chocolate

ENDORPIN - These are the body's natural pain relievers and mood boosters. may support a healthy immune system and support memory and cognitive function.

Balance

Laugh out loud, essential oils, bath, dark chocolate, watch comedy or something funny, exercise and sex! (*peppermint, citrus oils*)

Human dynamics in business and education



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