**Limited Examples of External Neurotransmitters Sources**

| **Interactive Element** | **Neurotransmitters** |
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| Storytelling | Oxytocin, Dopamine |
| Visualization/Imagery | Serotonin, Acetylcholine |
| Puzzles and Games | Acetylcholine, Glutamate |
| Gambling/Risk-taking | Dopamine, Endorphins |
| Social Media | Dopamine, Oxytocin |
| Music | Dopamine, Oxytocin, Serotonin |
| Meditation | Serotonin, GABA |
| Competing/Challenges | Norepinephrine, Dopamine |
| Laughing/Comedy | Endorphins, Dopamine |
| Nature Experiences | Serotonin, Oxytocin |
| Dancing | Endorphins, Oxytocin |
| Virtual/Augmented Reality | Acetylcholine, Dopamine |
| Escape Rooms | Norepinephrine, Dopamine |
| Metaverse | Dopamine, Oxytocin |
| Rhythm/Beat | Dopamine, Endorphins |
| Social Engagement | Oxytocin, Dopamine |
| Problem Solving | Acetylcholine, Glutamate |
| Brainstorming | Dopamine, Acetylcholine |
| Humor | Dopamine, Endorphins |
| Memory Training | Acetylcholine, Glutamate |
| CBT Activities | Serotonin, GABA |