**Primary Neurotransmitters**

| **Neurotransmitter** | **Impact of Low Levels** | **Impact of High Levels** | **Helps Rebalance** | **Other** |
| --- | --- | --- | --- | --- |
| Oxytocin e/i | Difficulty bonding with others, lack of trust, isolation, low empathy, loneliness, apathy, indifference, | Overly strong social bonds, jealousy | Endorphins, noreprinephrine,  dopamine | Find rewards, set goals, |
| Dopamine e/i | Low motivation, difficulty experiencing pleasure, low motivation, apathy, indifference, low sense of satisfaction | Addictive behaviors, mania | Serotonin, norepinephrine,  dopamine | Motivation to act, set achievable new goals, set rewards based behaviors |
| Serotonin i | Depression, anxiety, irritability, unhappy, sad, eating disorders, uncertainty and indecisiveness, negative emotions, reduces sense of well being | Agitation, restlessness | Dopamine, serotonin | Exercise, outdoors, activity |
| Acetylcholine e | Poor memory, lack of focus. Disoriented, | Muscle spasms, excessive salivation | Dopamine | Goals, focus, increase mental actions, learn something new, increase attention |
| Norepinephrine | Fatigue, lack of alertness, pull back from awareness of surroundings and body signals | Stress, anxiety, increased heart rate, heightened alertness, possible argumentative and defensive language, difficulty in processing info | GABA | Tasks that increase energy and vitality, e.g, exercises, outdoor walks |
| GABA i | Anxiety, insomnia, muscle tension, impaired relaxation | Drowsiness, impaired coordination | Norepinephrine | Stillness, yoga, meditation |
| Glutamate e | Poor cognition, lack of focus, numbness, depression, a possible false sense of calmness | Anxiety, hyperactivity, compulsive behaviors, overly vigilant | GABA |  |
| Endorphins i | Depression, pain sensitivity, sadness, depression | Euphoria, risk-taking behaviors | Oxytocin, serotonin | Smiling, music, happy memories |