



DOPAMINE

L'hormone de la récompense

EFFETS

Procure une sensation de plaisir
Améliore la motivation
Augmente la concentration
Augmente l'énergie

DÉCLENCHEURS

Accomplissement d'objectifs
Activités agréables et gratifiantes
Apprentissage



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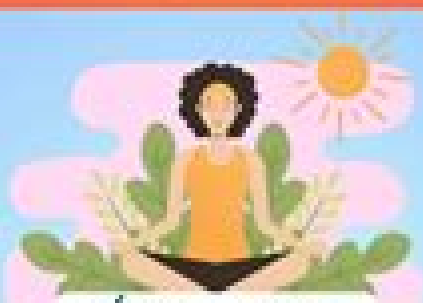
L'hormone de l'amour

EFFETS

Procure un sentiment d'attachement
Réduit le stress et l'anxiété
Améliore la confiance en soi

DÉCLENCHEURS

Contact physique
Interactions sociales positives



SÉROTONINE

L'hormone du bien-être

EFFETS

Procure un sentiment de bien-être
Régule l'humeur et l'anxiété
Améliore le sommeil et la digestion

DÉCLENCHEURS

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ENDORPINES

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Réduisent la douleur
Procurent une sensation d'euphorie
Améliorent la résistance au stress

DÉCLENCHEURS

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