



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



OCYTOCINE

L'hormone de l'amour

EFFETS

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

DÉCLENCHEURS

Contacts physiques
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

Exposition à la lumière du soleil
Méditation et relaxation
Alimentation riche en tryptophane



ENDORPINES

Les analgésiques naturels du corps

EFFETS

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

DÉCLENCHEURS

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Interactions sociales positives
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Lhocirctel Du Plaisir

Yijin Wang



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