

# Neurochemistry of Moods 101

| Mood |                 |                 |                | Depression | Anxiety | "High" (THC) | "Rush" (cocaine) | Calm | Eager | Serenity | Triumph |
|------|-----------------|-----------------|----------------|------------|---------|--------------|------------------|------|-------|----------|---------|
|      | Slow endorphins | Fast endorphins | Catecholamines | ↓          | ↓       | ↓            | ↓                | ↑    | ↑     | ↑        | ↑       |
|      | Slow endorphins | Fast endorphins | Catecholamines | ↓          | ↓       | ↓            | ↑                | ↓    | ↓     | ↓        | ↓       |

EXTRINSIC