What does psychoneuroimmunology mean to you?

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What does psychoneuroimmunology mean to you?
Dr Katharine Jewitt

Psychoneuroimmunology simply means your psychology impacts on your brain and your brain will produce different chemistry that impacts on your immune system (Fredrickson, 2008).

<table>
<thead>
<tr>
<th>SEROTONIN</th>
<th>ENDORPHIN</th>
<th>DOPAMINE</th>
<th>OXYTOCIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>THE MOOD STABILIZER</td>
<td>THE PAIN KILLER</td>
<td>THE REWARD CHEMICAL</td>
<td>THE LOVE HORMONE</td>
</tr>
</tbody>
</table>

If you are happy, your brain produces serotonin, endorphin, dopamine and oxytocin. These are the soothing system chemicals that we need to stay mentally well.

How can you generate more positive emotions?