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## 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).

SEROTONIN THE MOOD STABILIZER	ENDORPHIN THE PAIN KILLER	DOPAMINE THE REWARD CHEMICAL	OXYTOCIN THE LOVE HORMONE

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?**

