

ENDORPHINS VS. DOPAMINE

UNDERSTANDING THE BRAIN'S FEEL-GOOD CHEMICALS

ENDORPHINS



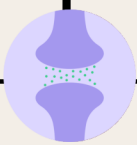
MAIN ROLE

Pain relief and euphoria



TRIGGER

Stress, exercise, pain



MECHANISM

Binds to opioid receptors



DURATION

Short-term (instant relief)

DOPAMINE



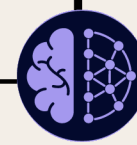
MAIN ROLE

Motivation and reward



TRIGGER

Pleasurable experiences, goals



MECHANISM

Activates reward pathways



DURATION

Longer-term motivational cues

