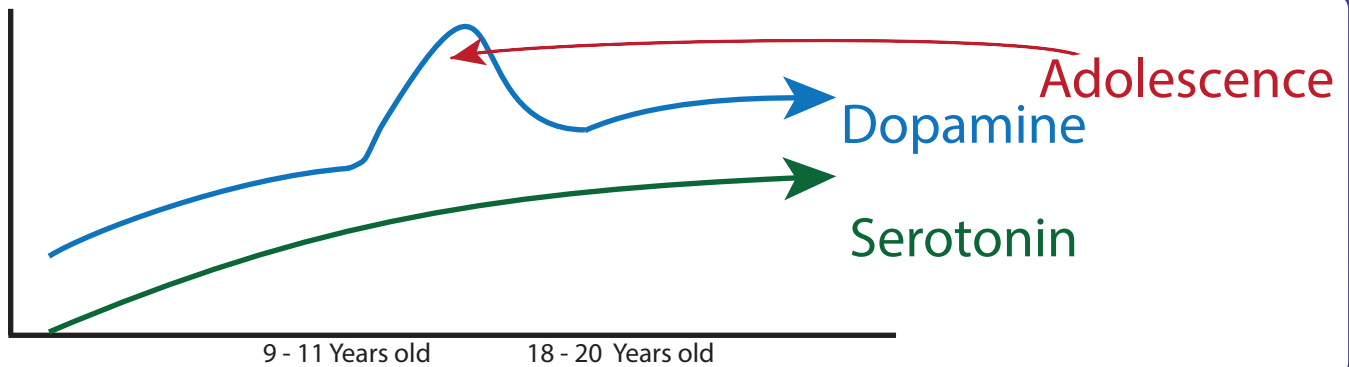


Nuerochemicals in Adolescence



Dopamine

This is the Neurochemical, which excites brain cells enough so they are about to fire. **Glutamate** is the chemical that makes them fire. This is a critical chemical for paying attention, learning and unlearning. Too much Dopamine creates a hyperactive brain, things like stress, alcohol and drugs can cause too much Dopamine. Brains without the right levels of Dopamine are ones with Parkinsons. 93% of Dopamine secretion is directly under the control of the Limbic Emotional Brain.

Serotonin

Serotonin is the Neurochemical responsible for reducing how ready to fire the brain cells are. This helps with being able to control which brain cells fire and when. A brain flooded with Serotonin will have an emotion of happiness. Without a lot of Serotonin or Dopamine, depression can be felt.

Adolescence

During adolescence, the brain becomes flooded with Dopamine, which causes a hyperactive brain. The first reason is so we can break away from parents and secondly to learn how to interact with peer groups. The flooding of Dopamine means adolescents will take higher risks with poor judgement. This is why the development of depression, bipolar, schizophrenia and autistic spectrum disorder can reveal themselves during this peroid of a natural chemical inbalance.

High Self Esteem + More Self Confidence = Being Understood

Max level of Dopamine = Max Ability to deal with a situation and ability to learn or unlearn things that the Adolescent got right or wrong. This in turn helps to give strategies to move forward.