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| **Neurotransmitter** | **Signs of Low Levels** | **Therapeutic Strategies** | **Signs of Too Much** | **Therapeutic Strategies** |
| Dopamine | Depression, ADHD, inability to handle stress, fatigue, mood swings, anxiety | Goal-setting and achievement, meditation/mindfulness, regular exercise, sunlight, deep touch pressure, proprioceptive strategies, heavy work activities, aromas-lemon/pepper/rosemary, preferred music, preferred activities, rewards, alerting vestibular activities, outdoor activities | (Less common)Agitation, high energy (manic phase of bipolar), high libido, hyperactivity, insomnia | Strategies to increase inhibitory neurotransmitters |
| Norepinephrine | Depression, poor memory, lack of energy, poor concentration, low motivation | Light/tickly touch, alerting vestibular activities, cold shower | Increased blood pressure and heart rate, hyperactivity, anxiety, stress, irritability, insomnia | Deep touch pressure, aromas – lemon/orange/ lavender, proprioceptive input, calming or most preferred music, calming vestibular activities, long duration/low intensity forms of exercise |
| Glutamate | Fatigue, learning issues | Alerting vestibular activities | Depression | Calming vestibular activities |
| Acetylcholine | Learning disorders, poor memory, ADD, decreased creativity, mood swings, aggression | Intense interval training, heavy work activities combined with cardio activities, vestibular input activities | Depression | Aerobic exercise, weight lifting, deep touch pressure, heavy work activities |
| Serotonin | Sadness, apathy, lethargy, impaired memory and attention, daytime sleepiness, aggression | Sunlight, mood change (gratitude lists, etc.), aerobic exercise, deep touch pressure, proprioceptive strategies, heavy work activities, vestibular activities, outdoor/nature activities, calming visual input, belly breathing, classical music | (Very rare) Hallucinations, euphoria, fever, seizures | Immediate medical intervention |
| GABA | Insomnia, depression, anxiety, sensitivity to sensory input, frustration, feeling overwhelmed | Vigorous exercise at 80 – 85% maximum heart rate, aroma – lemon/citrus/lavender, rhythmic vestibular activities, outdoor/nature activities, belly breathing, calming visual input | Impaired short term memory, disinhibition, impaired coordination | Sustained aerobic exercise, obstacle courses or circuits with cardio component |
| Endorphins | Low pain threshold, high stress level, anxiety, poor sleep quality | Low intensity, long duration forms of exercise, massage, meditation and mindfulness | Euphoria, lack of appropriate response to pain | Decrease stress level, decrease intense sensory input |