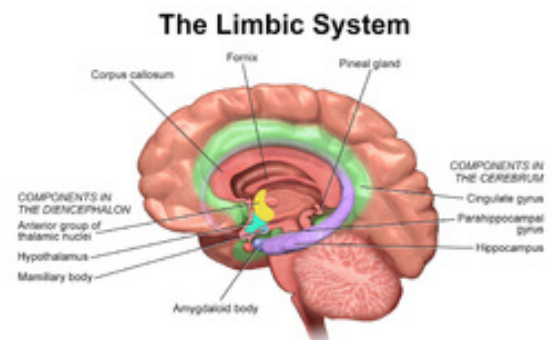


Unhappiness: Role of dopamine and serotonin on mood and negative emotions

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Dopamine is a hormone associated with happiness and serotonin regulates our mood. When a person is physically attracted to another, an activation of dopamine, serotonin increased and production of oxytocin, a hormone that reduces pain perception and increases the emotional connection we have with the other occurs, disconnecting the amygdala, the parts of the brain that are active against negative emotions like fear. The combination of all these elements leads to crush the other. After our beliefs, the way we understand ourselves and understand the world around us, eventually determining if we made a good choice. These are the questions necessary to understand the functioning of our brain and human relations. Maybe if we are able to answer these questions we can prevent many interpersonal conflicts. All to indicate that it is not, perhaps a cultural thing, something we have learned. Throughout the history we have learned that the best defense is attack and then our amygdala is always on, then it is easier to move quickly to negative emotions.



Recent Publications

1. Baixauli E (2017) Happiness: Role of dopamine and serotonin on mood and negative emotions. *Emergency Medical Journal*; 7: 350.
2. Baixauli E (2017) I dream of mediating- keys to changing the world. *Photon Journal Editorial Círculo Rojo*.

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2. Vinyamata, E. (2005): *Conflictología*. Ed. Ariel.
3. Vinyamata, E (2005): *Vivir en paz*. Ed. Hacer.

Biography

Elena Baixauli Gallego is currently working as an Associate Professor, Faculty of Psychology in the Department of Personality at University of Valencia, Spain. She is involved in various activities such as therapy for children and adults, family and business mediation and delivery of lectures and workshops. She is also a speaker and author of several books and publications on mediation.

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