



# Emotional Nourishment

Made by:  
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## What emotional nourishment is?

- The condition of a person filled with any emotions.

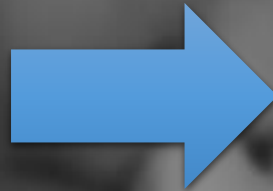
### Positive emotions:

- Increase in endorphin and dopamine levels

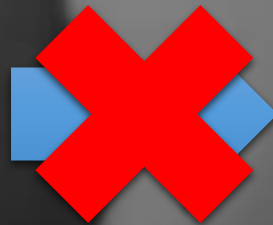
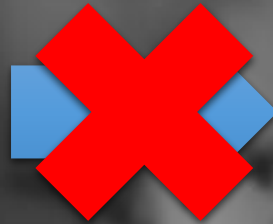
### Negative emotions:

- Increase in melatonin and norepinephrine levels
- Decrease in endorphin and dopamine levels

# A social problem or a personal need?



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## Final decision

It is always necessary to remember:

The better **WE** feel, the stronger **WE** are.

