

# [Serotonin emotions. it is also well thought-out](https://assignbuster.com/serotonin-emotions-it-is-also-well-thought-out/)

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Serotonin a monoamineneurotransmitter, biochemically derived from tryptophan.

Serotonin is mainlyfound in the Gl tract, blood platelets, and the central nervous system. So, what exactly does serotonin do? It actually does way more than we think it doesfor the human body; serotonin impacts every part of our body, from our motorskills to emotions. It is also well thought-out to be a natural moodstabilizer. It’s the element that helps with sleeping, eating, and digesting(Scaccia). Serotonin also helps to reduce depression, regulate anxiety, andmaintain bone health. We previously mentioned what serotonin does for the bodyand one of the many things mentioned was how it helps with our emotions. Serotonin helps normalize our mood naturally.

We tend to feel calmer andhappier and less anxious and emotionally stable when our levels of serotoninare on average. A study found that people with depression often have low levelsof serotonin, because it has a shortage that has been linked to anxiety andinsomnia. Arguments about the accountability serotonin is involved with themedical department (as in mental health), has caused some researchers toquestion whether an increase or decrease in this element can affect depression. Speaking of depression, serotonin is not always good for our bodies, there aredrugs that cause serotonin levels to rise and collect in our body which canlead to “ serotonin syndrome”. This syndrome can occur after an increase in thedosage of an existing medication or when we start taking a new drug. Some ofthe symptoms one can experience are; shivering, diarrhea, headache, andconfusion. Even more severe symptoms include twitching muscles, high fever, rapid heart rate, etc. The bottom line is that serotonin affects every part ofour body and it’s responsible for many of the important functions that get usthrough the day.

If our levels aren’t balanced, it can affect our mental, physical, and emotional well-being. At the end of the day its popularity is thoughtto be a contributor to feelings of well-being and happiness. ReferencesScaccia, Annamarya. “ Serotonin: Functions, Side Effects, and More.” Healthline, Healthline Media, 18 May 2018, www. healthline. com/health/mental-health/serotonin.