

Serotonin emotions. it is also well thought- out

[Life](#), [Emotions](#)



Serotonin a monoamineneurotransmitter, biochemically derived from tryptophan.

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

We tend to feel calmer and happier and less anxious and emotionally stable when our levels of serotonin are on average. A study found that people with depression often have low levels of serotonin, because it has a shortage that has been linked to anxiety and insomnia. Arguments about the accountability serotonin is involved with the medical department (as in mental health), has caused some researchers to question whether an increase or decrease in this element can affect depression. Speaking of depression, serotonin is not always good for our bodies, there are drugs that cause serotonin levels to rise and collect in our body which can lead to "serotonin syndrome". This syndrome can occur after an increase in the dosage of an existing medication or when we start taking a new drug. Some of the symptoms one can experience are; shivering, diarrhea, headache, and confusion. Even more severe symptoms include twitching muscles, high fever, rapid heart rate, etc.

The bottom line is that serotonin affects every part of our body and it's responsible for many of the important functions that get us through 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 thought to be a contributor to feelings of well-being and happiness. References Scaccia, Annamarya. " Serotonin: Functions, Side Effects, and More." Healthline, Healthline Media, 18 May 2018, [www. healthline. com/health/mental-health/serotonin.](http://www.healthline.com/health/mental-health/serotonin)