Leadership Hormones

SELF
Endorphins - numb physical pain, gives euphoria, exercise, laugh, cry
Dopamine - feels good as accomplishment reward, check off the task

SOCIAL & LEADERSHIP
Serotonin - security/safety of social order, pride, 2 way street
Oxytocin - relax & lower guard, trust, safe, birth, human touch, bond

DISTRESS
Cortisol - “fight or flight” stops all repair and healing, must stop threat