Fight or flight
Prepares your body for emergencies. It shunts your blood to your muscles and increases your blood pressure, heart rate and breathing rate, enabling you to cope with stressful situations.

Rest and digest
Maintains and restores your energy. It directs blood to your digestive tract and makes sure you actively digest food. It also maintains your blood pressure, heart rate and breathing rate at a low level.
Norepinephrine:
Attention, arousal, circadian rhythms

Dopamine:
Secondary reward, movement generation

Serotonin:
Sleep-wake cycle, cognitive performance, aggression

Histamine:
Energy metabolism

Norepinephrine: Attention, arousal, circadian rhythms