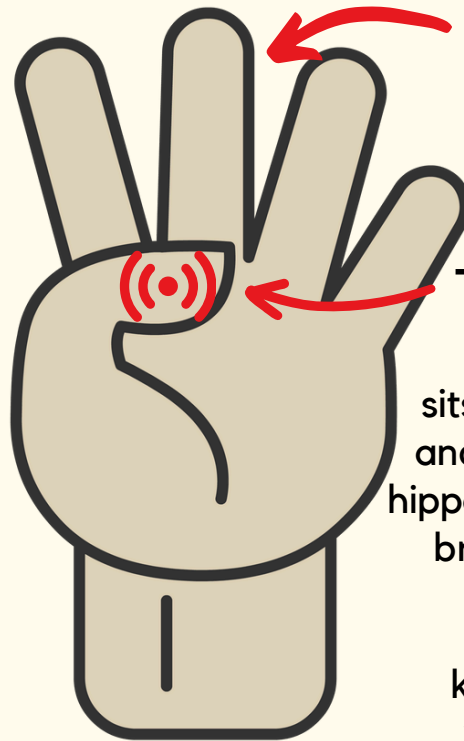


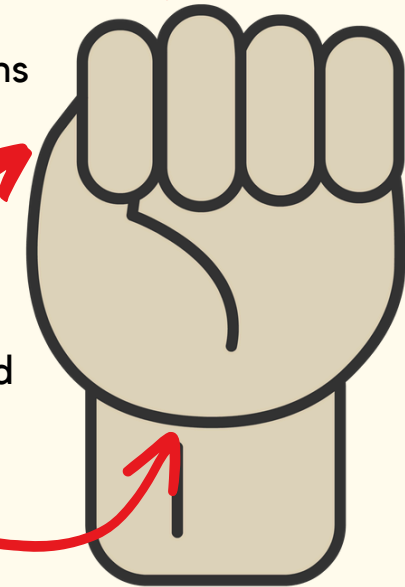
When we have **BIG** feelings the hand model



The Thinking Brain
- frontal cortex
manages emotions, solves
problems and makes decisions

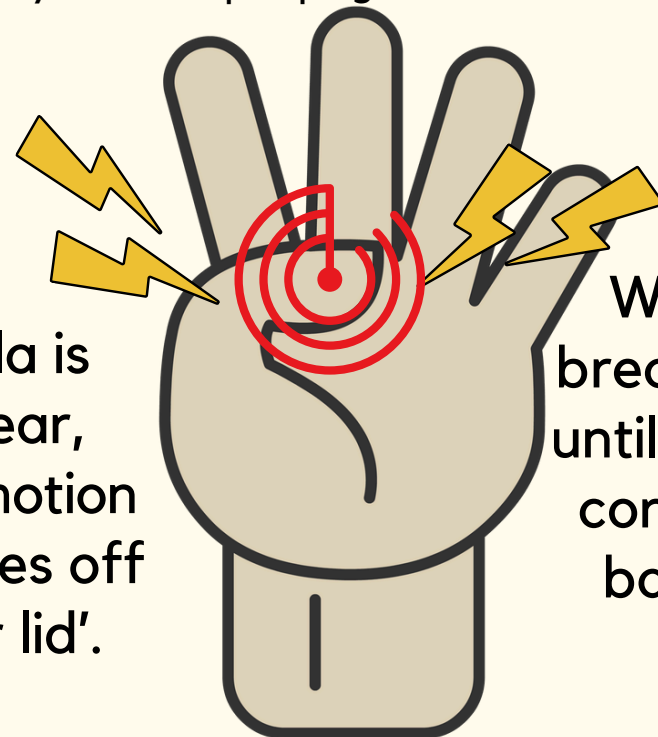
The Survival Brain
- amygdala
sits in the middle of your brain
and senses danger. It tells your
hippocampus to tell your body and
brain to fight, flight or freeze

brainstem
keeps you breathing and
your heart pumping etc.



The amygdala
checks for dangers

When our amygdala is
overwhelmed by fear,
danger or intense emotion
our frontal cortex goes off
line and we 'flip our lid'.



We need a
break and time
until our frontal
cortex comes
back online