



### **Amygdala**

Constantly scans the environment for dangers, picking up on hostile words/faces/voices/movements. It does not analyze if the threat is real - it just screams. It tells us to never forget a painful event.



### **Hypothalamus**

It regulates mood, temperature, hunger and sleep. Under stress, it releases chemicals to ready the body for action – to fight, flee or freeze.



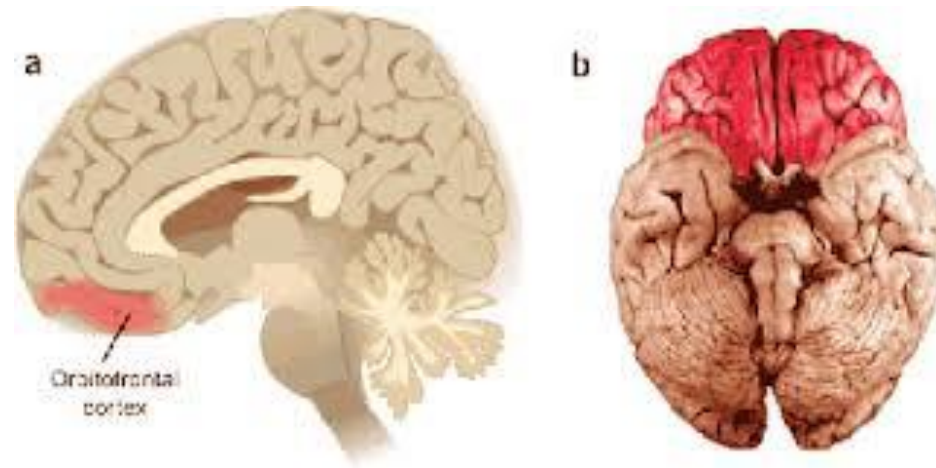
**Pituitary and adrenal glands**

Receives commands from the hypothalamus to release more stress chemicals to keep us alert.



### **Caudate Nucleus Attention Center**

The filtering system distinguishes between data which is relevant or irrelevant. It tells us which of the 400 billion blips impacting on the brain at any given moment we should pay attention to and which we should ignore. If over-active, we are overwhelmed with irrelevant data and unimportant details. If under-active, we are un-focused, blank and spacey.



### **ORBITAL CORTEX - MISTAKE CENTRE**

The “oops” center tells us that we have made a mistake. If over-active we see minor mistakes as disasters leading to excess and unnecessary anxiety, shame and guilt. If under-active, there is no guilt or shame about real sins, disrespectful, degenerate or vulgar behavior.



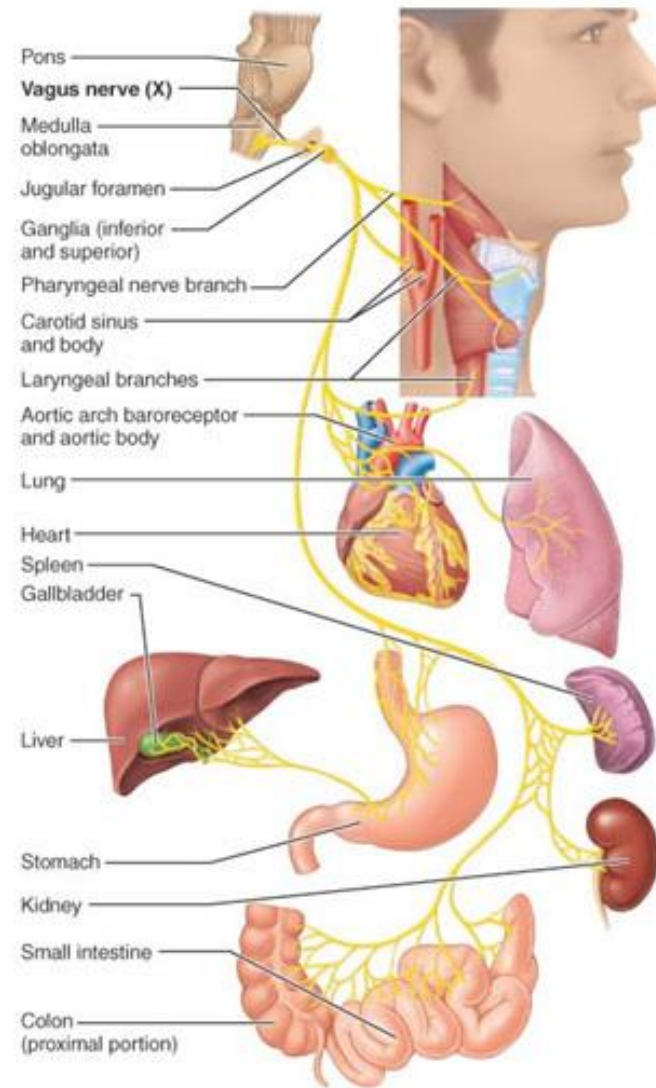


### **CINGULATE GYRUS - DANGER DETECTOR**

Discriminates between mere discomforts and true dangers or abuse. If underactive, we do not perceive real danger. If overactive, we get hysterical about trivialities, minor snubs and minor discomforts.

# The Vagus Nerves - X

- A mixed sensory and motor nerve
  - “Wanders” into thorax and abdomen
  - Parasympathetic innervation of organs



## VENTRAL VAGAL COMPLEX

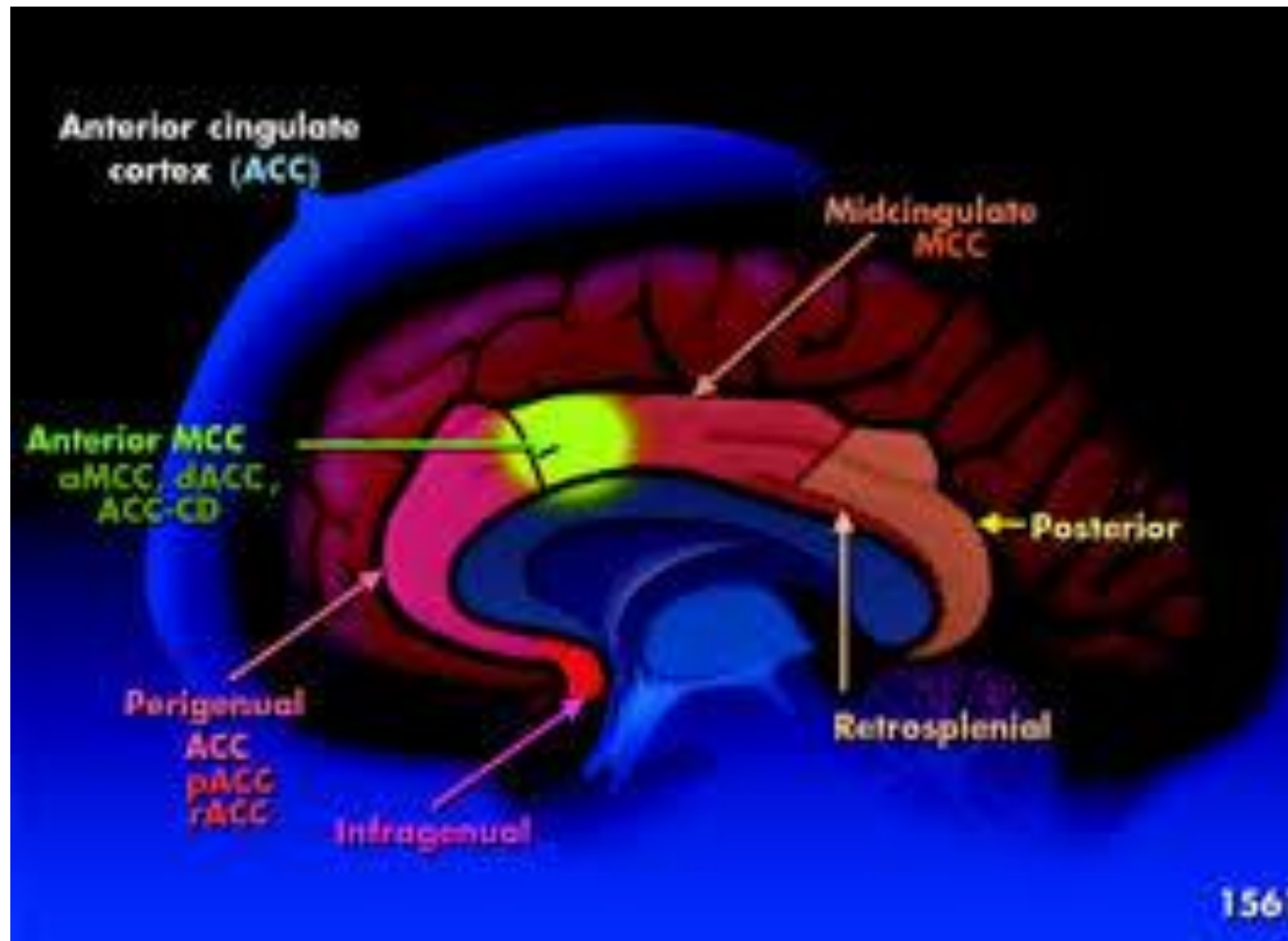
Exerts a calming effect by slowing the cardiovascular and respiratory system – long, slow exhale



### Hippocampus

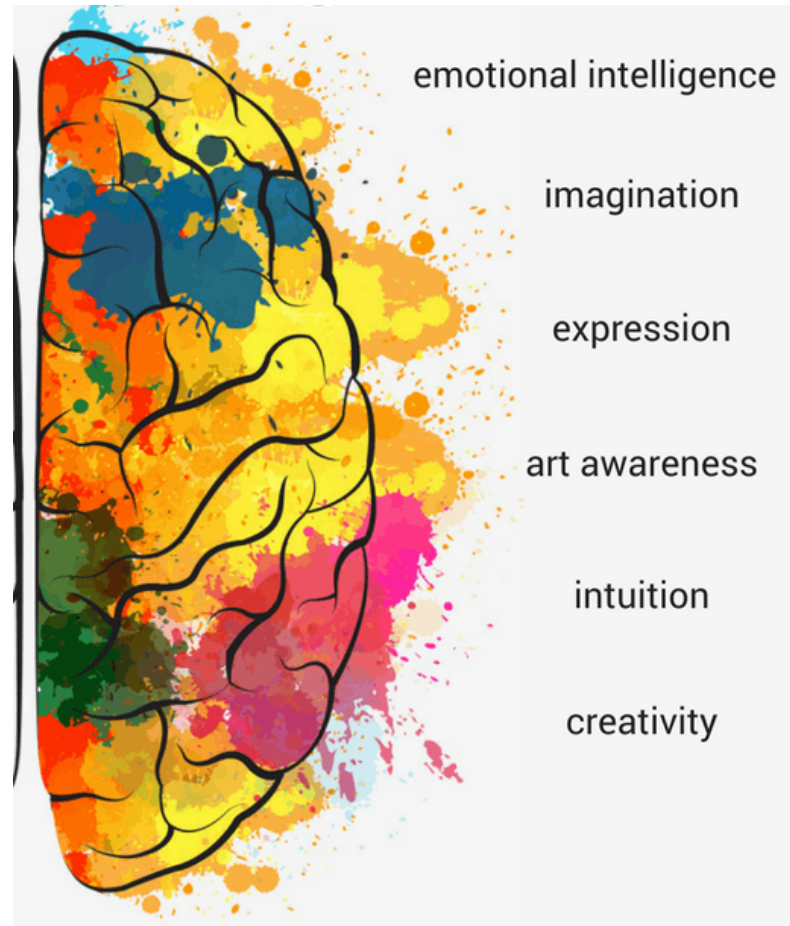
Helps us remember who we are, what our goals are and controls anti-stress hormones and memory





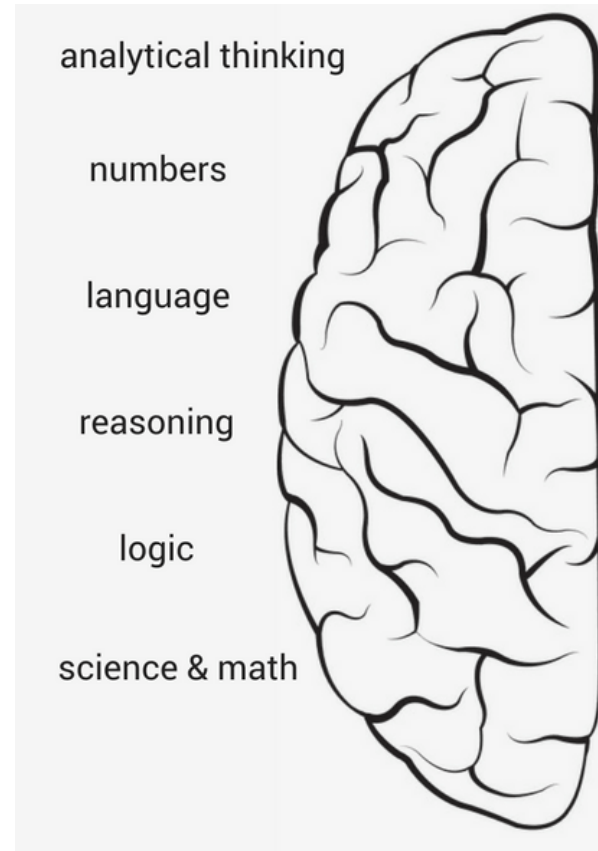
### Anterior Cingulate

The ability to feel empathy for others and read their emotional states as well one's own gut feelings



Right Brain

Nonverbal and intuitive; specializes in imagination, social and emotional processing, reading faces and body language and helps us adopt a different perspective based on a global sense of meaning. It uses eye contact and touch to connect.



### Left Brain

Verbal and logical; specializes in processing detailed information and integrating word meaning



Pre-frontal cortex

Our moral and empathic center,