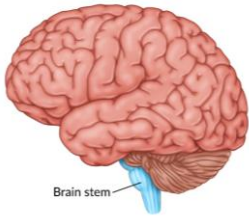




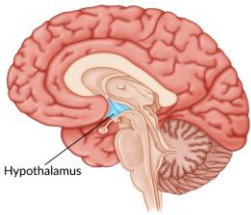
Hand Model of the Brain

Dan Siegel:

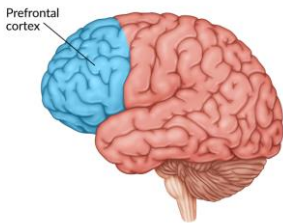
<https://www.youtube.com/watch?v=gm9CIJ74Oxw>



Think of your wrist as the **brain stem**. This is responsible for basic bodily functions, like breathing and keeping your heart pumping.



Your thumb, tucked in, sits in the middle. Think of this as the **amygdala**, which is in the centre of the brain. This is responsible for sensing danger and communicating this to the rest of the brain and body.



Think of your fingers as your **prefrontal cortex**. This is responsible for managing emotions and making complex decisions, also known as your executive functioning.



When the amygdala sounds the alarm that there is a threat, the pre-frontal cortex goes offline. This is known as "**flipping your lid**". This is why it is hard to make thoughtful decisions when upset, angry or scared. In these moments, the brain needs to take a break to reflect and reconnect.



When the **pre-frontal cortex is engaged**, this allows calm, rational thought and mental flexibility. This means you are able to make good decisions.

When the **lid is flipped** and the **amygdala is engaged**, big emotions will arise. This includes anger, fear, anxiety and sadness. This means you are not able to make good decisions or calm down.

