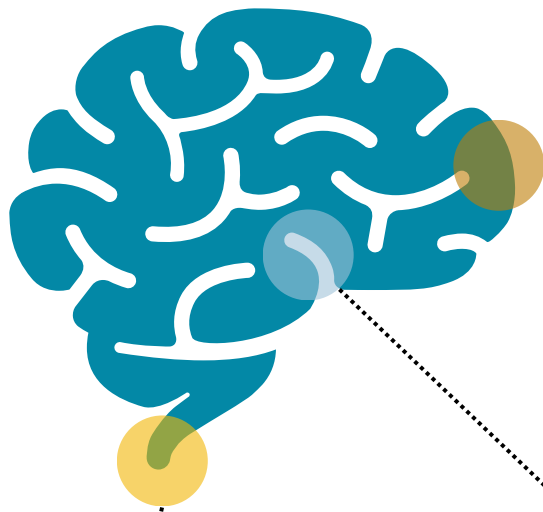


BRAIN IN THE HAND

Understanding stress response

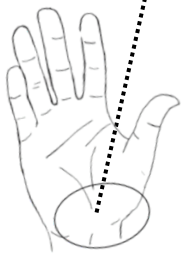


Fingernails **PREFRONTAL CORTEX**



Our most rational and calm self, our **"thinking brain"** lives here. This controls our ability to: regulate our body and emotions; make thoughtful choices; think critically, have empathy & self-awareness; and learn from mistakes.

This isn't fully developed until age 25!

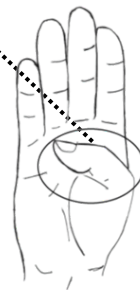


Wrist **BRAIN STEM**



Our **"lizard brain"** lives here. It controls our autonomic functions like heartbeat, breathing, and swallowing.

Our **freeze, fight, or flight** response lives here.



Thumb **MIDBRAIN/LIMBIC SYSTEM**

This is the emotional center of the brain where we store our memories and process emotions. Our amygdala lives here and is constantly scanning for physical and emotional safety.

It's referred to as **"the guard dog of the brain"**.



Fingers up **FLIP YOUR LID**

When people of all ages get stressed out, we "flip our lid" which means our prefrontal cortex (and all the thinking brain functionality that comes with it) is no longer accessible or "offline".

This results in freeze, fight, or flight behaviors.



This is NOT the time to problem solve.

When our lid is flipped, we need **time to regulate** so our brain can come back online and we can think clearly again!

