

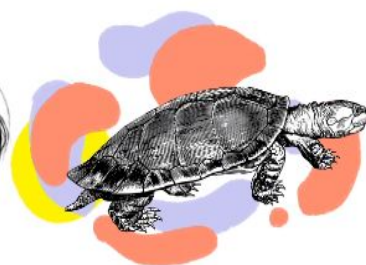
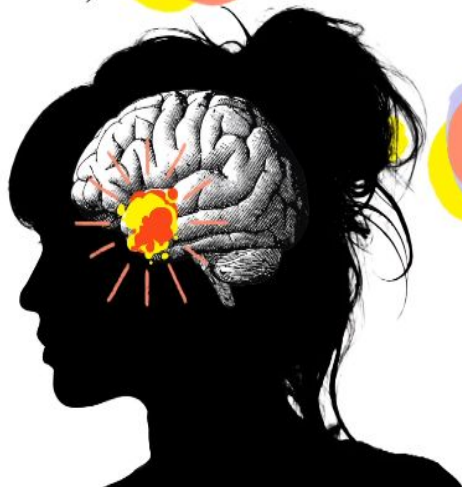
# THE AMYGDALA

*Stress on the Brain: Lesson 2*



**FIGHT**

**FLIGHT**



**FREEZE**

## More on the Amygdala

Try to think of the **AMYGDALA** as our brain's early warning system or "spidey-sense" if you will. It tells the body that we are in **IMMEDIATE** danger, and must act **FAST!**

The Amygdala doesn't have time to rationally think out solutions to a problem like the Pre-Frontal Cortex would. Instead it causes us to react in one of three ways:

- FLIGHT (RUN AWAY)
- FIGHT
- FREEZE (HIDE!)



## Old Brain in a new world!

Our brains developed to help our ancestors survive a very dangerous and challenging world!

Hunter-gatherers had to constantly watch out for threats in their environment such as predators. Our brains evolved over time to help give us a way to respond to these threats and survive!

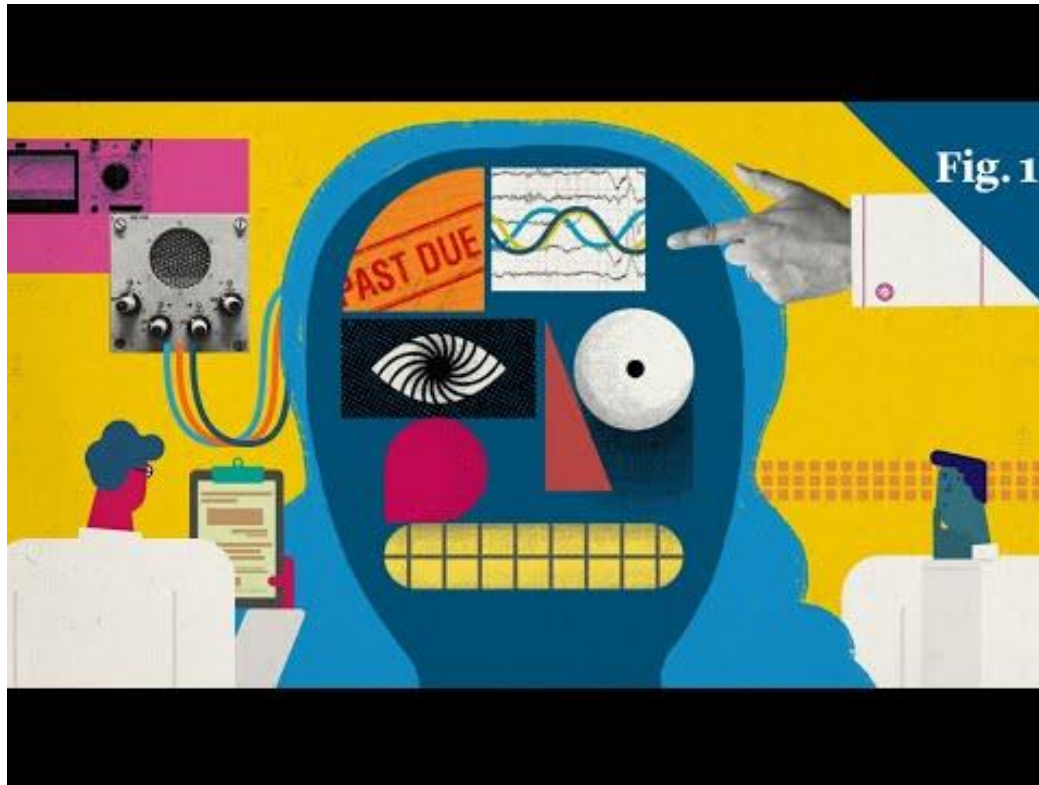
This part of the brain is now called the **AMGYDALA**.

<https://www.youtube.com/watch?v=rp0lpKTWrp4>



## Ok so what about today?

In today's modern world however, we aren't exactly facing threats from tigers or other predators trying to eat us! Yet that same part of the brain still exists and works the same way! Instead, the **AMYGDALA** now sees daily **STRESS** as a type of threat. Things such as homework, friendship issues, or arguments with parents can activate your brain's threat response system!!



# What does stress look like?

Did you know that **SMALL** amounts of stress can actually be a good thing?

Our bodies produces and release **CORTISOL** which is a stress hormone.

Watch this video to learn more about it stress, your brain, and cortisol.