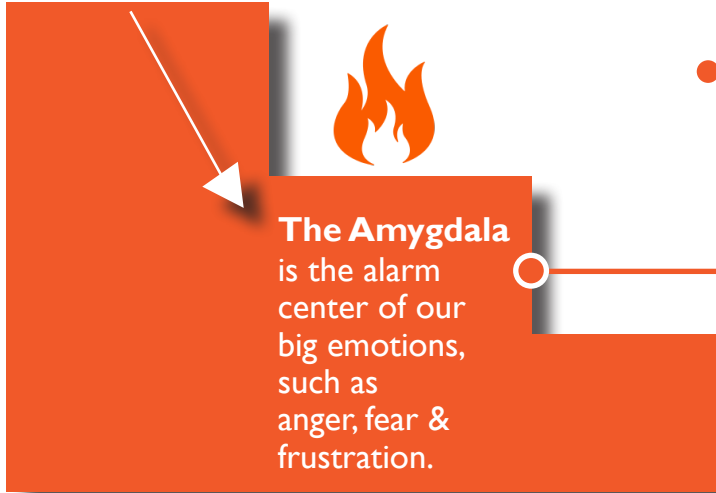


## BRAIN HAND MODEL

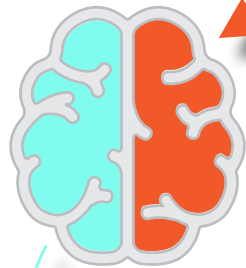
### DOWNSTAIRS BRAIN



The Amygdala is the alarm center of our big emotions, such as anger, fear & frustration.

The diagram shows a red staircase with a flame icon above the second step. A white arrow points from the text to the second step. A red line connects the text to a red dot on the palm of a hand.

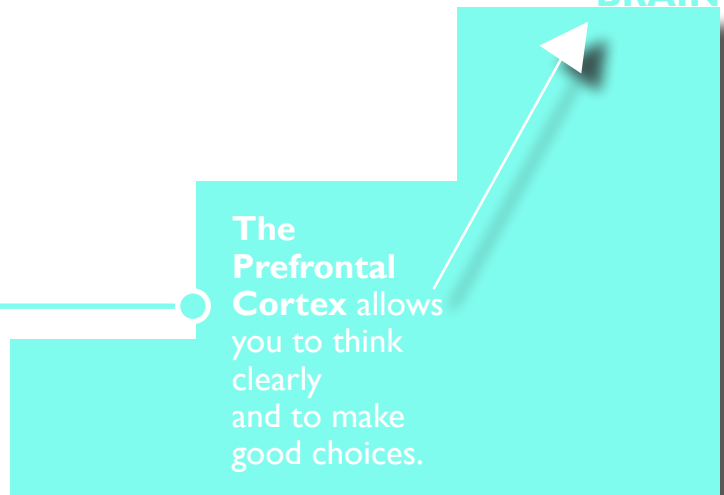
flipping your lid



Practicing mindfulness can help you notice your frustrations, calm your emotions, and keep you from "flipping your lid!"



### UPSTAIRS BRAIN



The Prefrontal Cortex allows you to think clearly and to make good choices.

The diagram shows a cyan staircase with a white arrow pointing to the top step. A cyan line connects the text to a cyan dot on the palm of a hand.

Brain Hand Model Concept Credit: Daniel J. Siegel, M.D.