

PARTS of the MINDFUL BRAIN

the PREFRONTAL CORTEX (PFC)

Nickname: the Wise Leader or Wise Mind

Location: behind center of forehead

Job: considers information to make smart choices about what to say or do

FACT:

The PFC can't work while the amygdala is in charge

the AMYGDALA

Nickname: the Security Guard or Guard Dog

Location: deep inside the brain

Job: alerts us to danger

FACT:

When the amygdala is activated we have one of three reactions:
Fight, Flight, or Freeze

the HIPPOCAMPUS

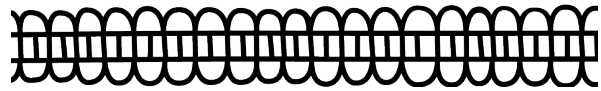
Nickname: the Memory Saver or File Cabinet

Location: two—one just above each ear

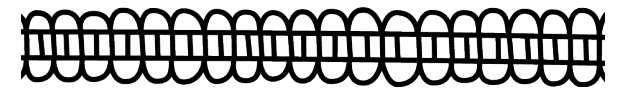
Job: saves important memories

FACT:

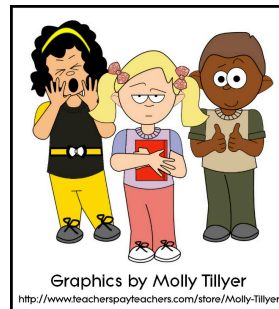
The hippocampus combines information from other parts of the brain and decides what's important



CREDITS

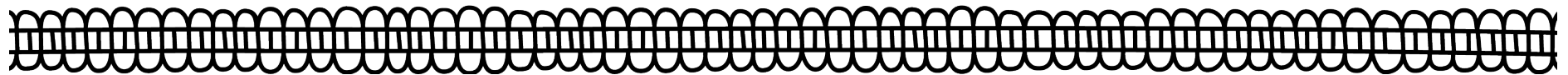


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Also, be sure to visit my school counseling website for ideas, activities, and resources, all of which are free. Happy counseling!

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