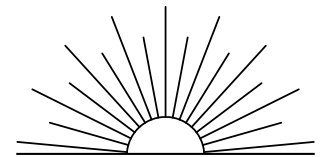


My amazing, adaptive, protective brain!

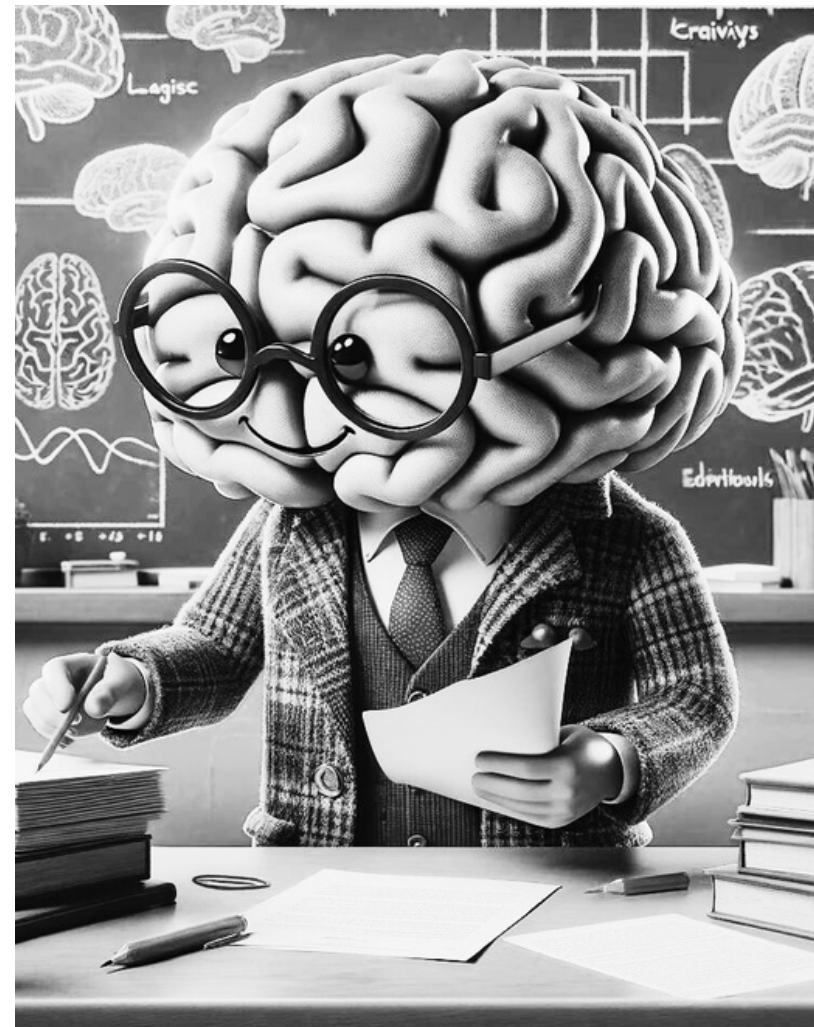


MARYCATHERINE MCDONALD, PHD
alchemycoaching.life

My teacher (prefrontal cortex) is...

Active anytime I pay attention and concentrate – drawing something, listening at school, reading a story, playing a game, or teaching my friend something

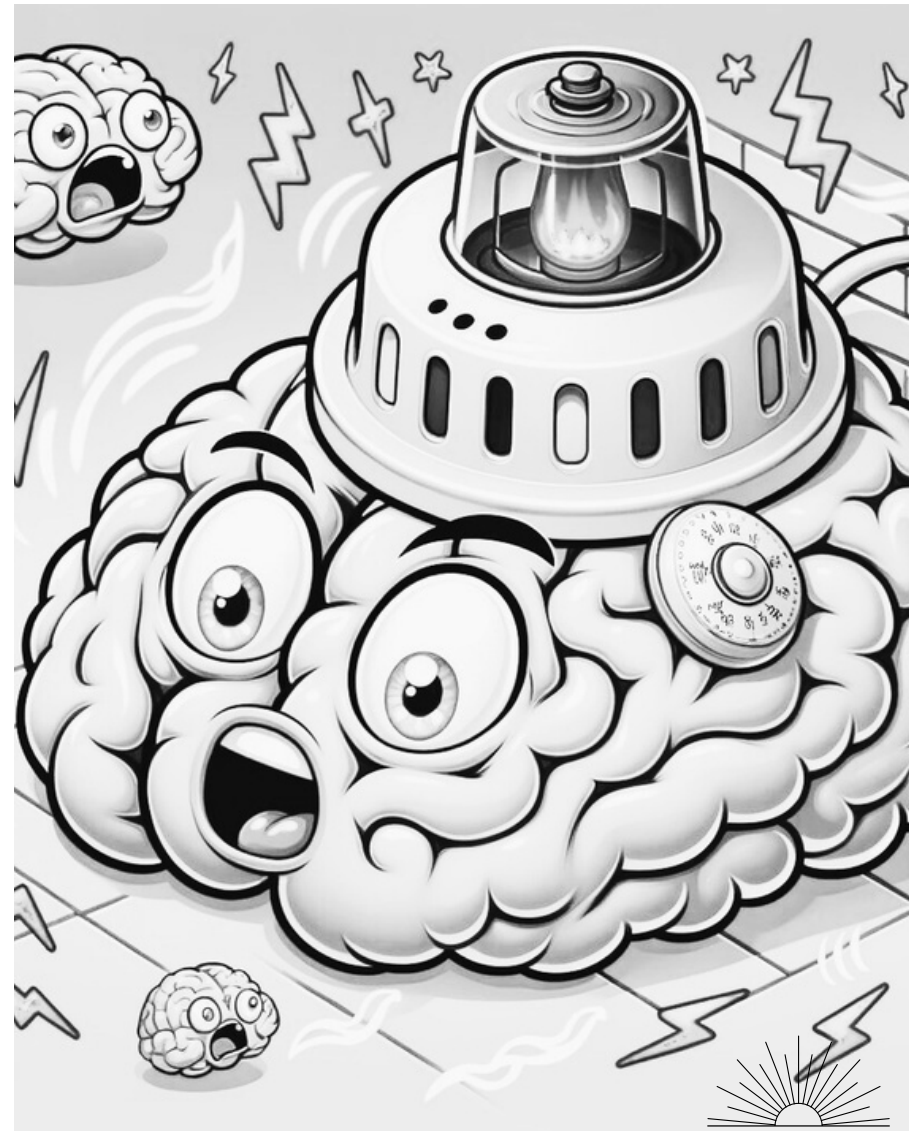
Superpower: organizing, thinking!



My alarm (amygdala) is...

Active whenever I sense danger! It sends messages all through my brain and body to help me when I'm in danger. Sometimes it thinks there is danger but it's a false alarm. That's ok. It's always trying to help.

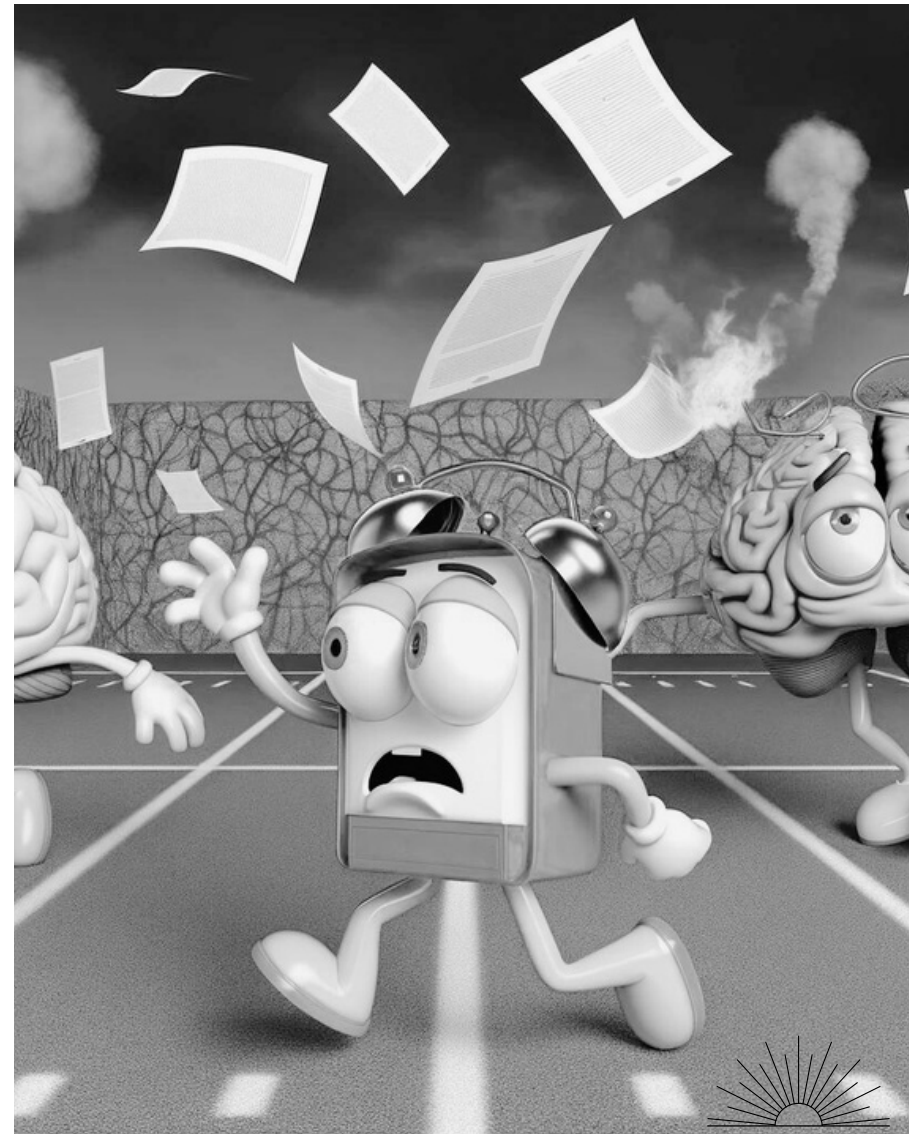
Superpower: sounding the alarm!



When my alarm goes off:

My body goes into danger mode to protect me. This might look like:

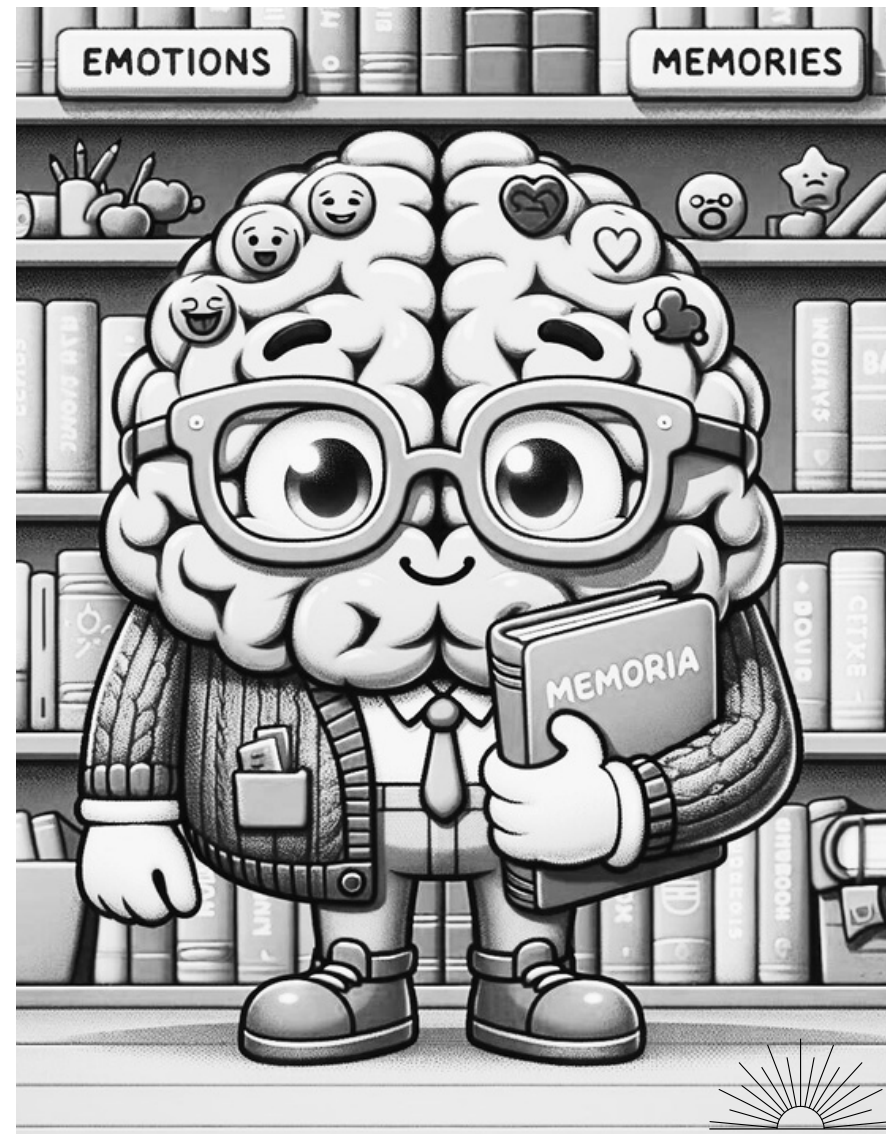
- Fight - getting angry and yelling
- Flight - running away
- Freeze - shutting down and feeling numb



My librarian
(hippocampus) is...

A storyteller and memory
keeper! It helps put
everything I go through
into a memory file so I can
find it later when I need it.

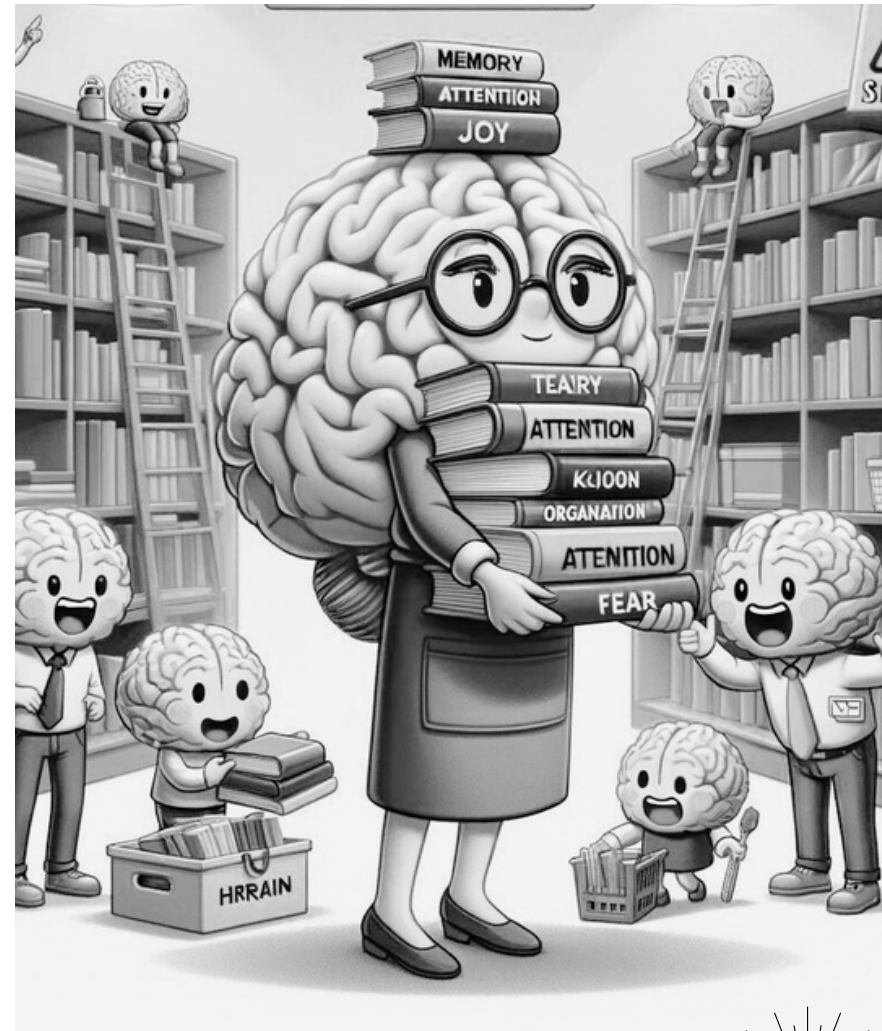
Superpower: organizing
events into stories and
putting them away!



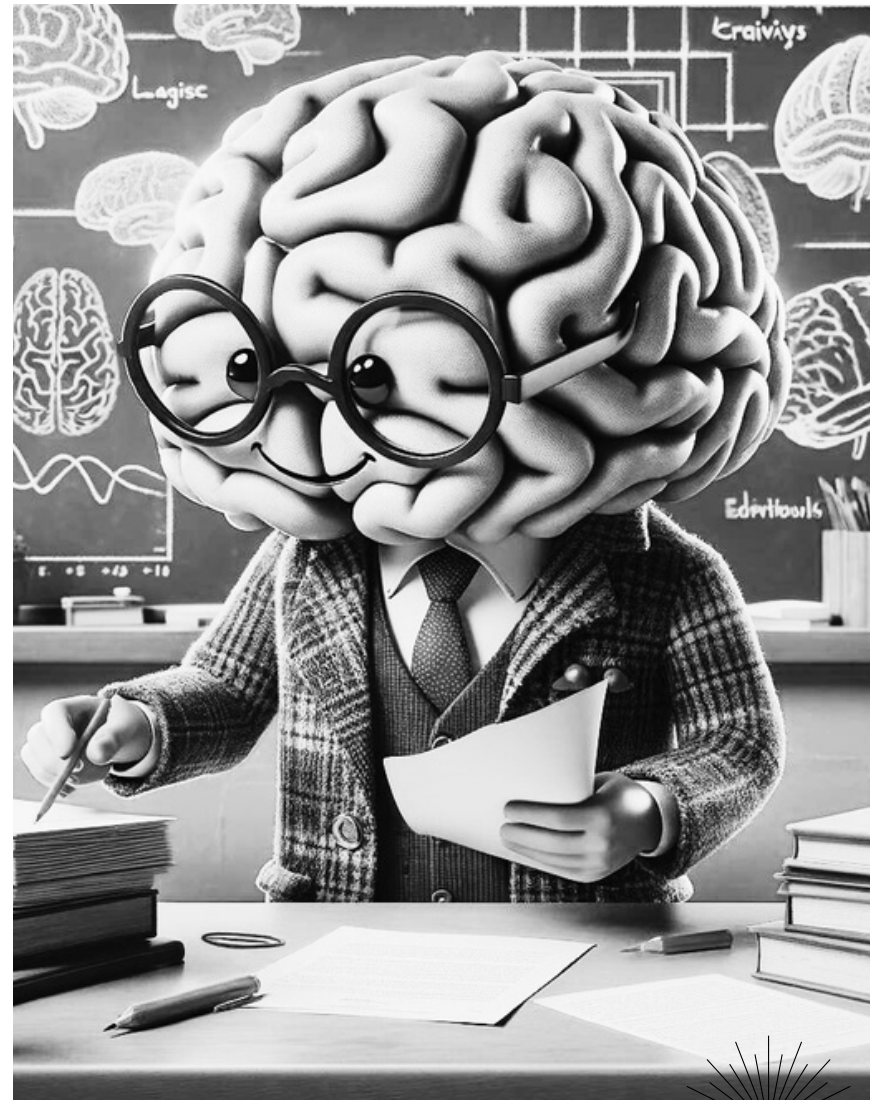
When something
overwhelming
happens...

We sometimes need help!
That's ok - it's how our
brains are designed! Other
people can help us by:

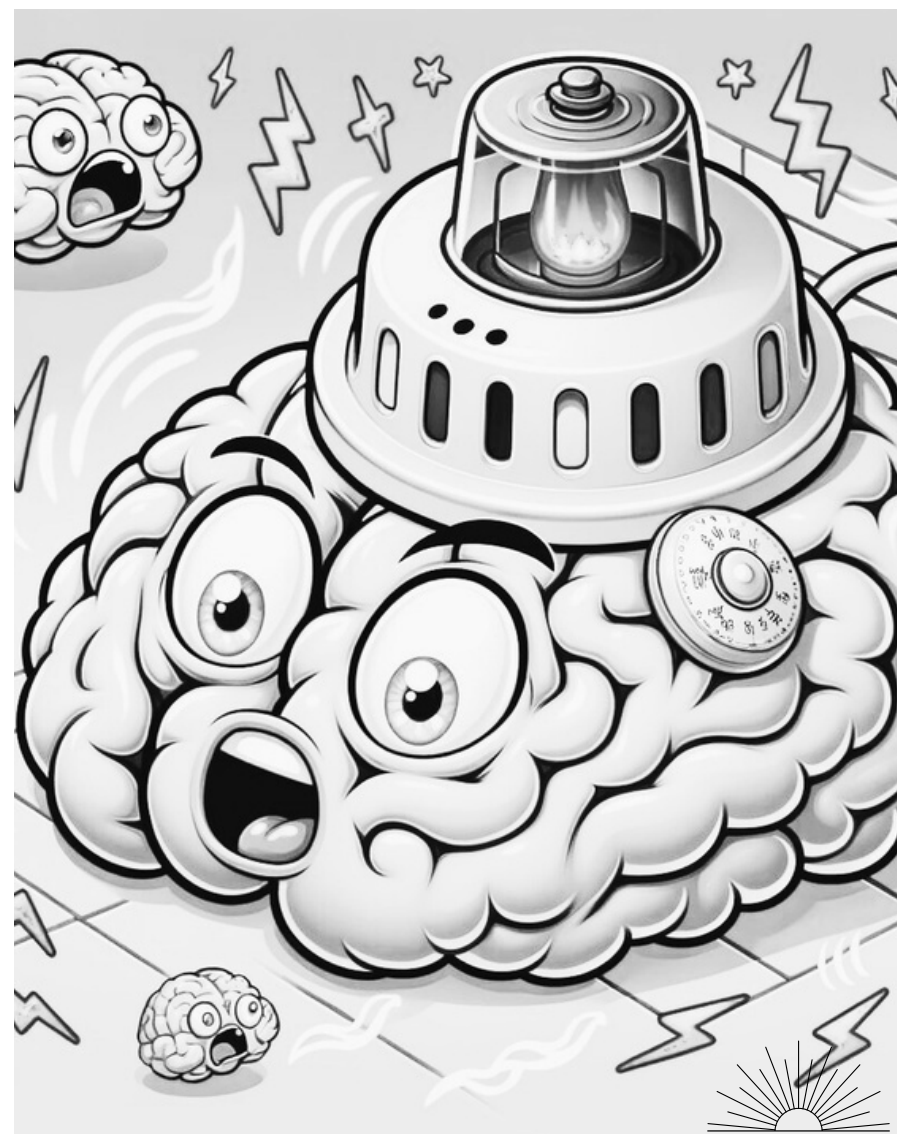
- Calming down our alarm
so we can relax
- Helping us organize our
thoughts and feelings



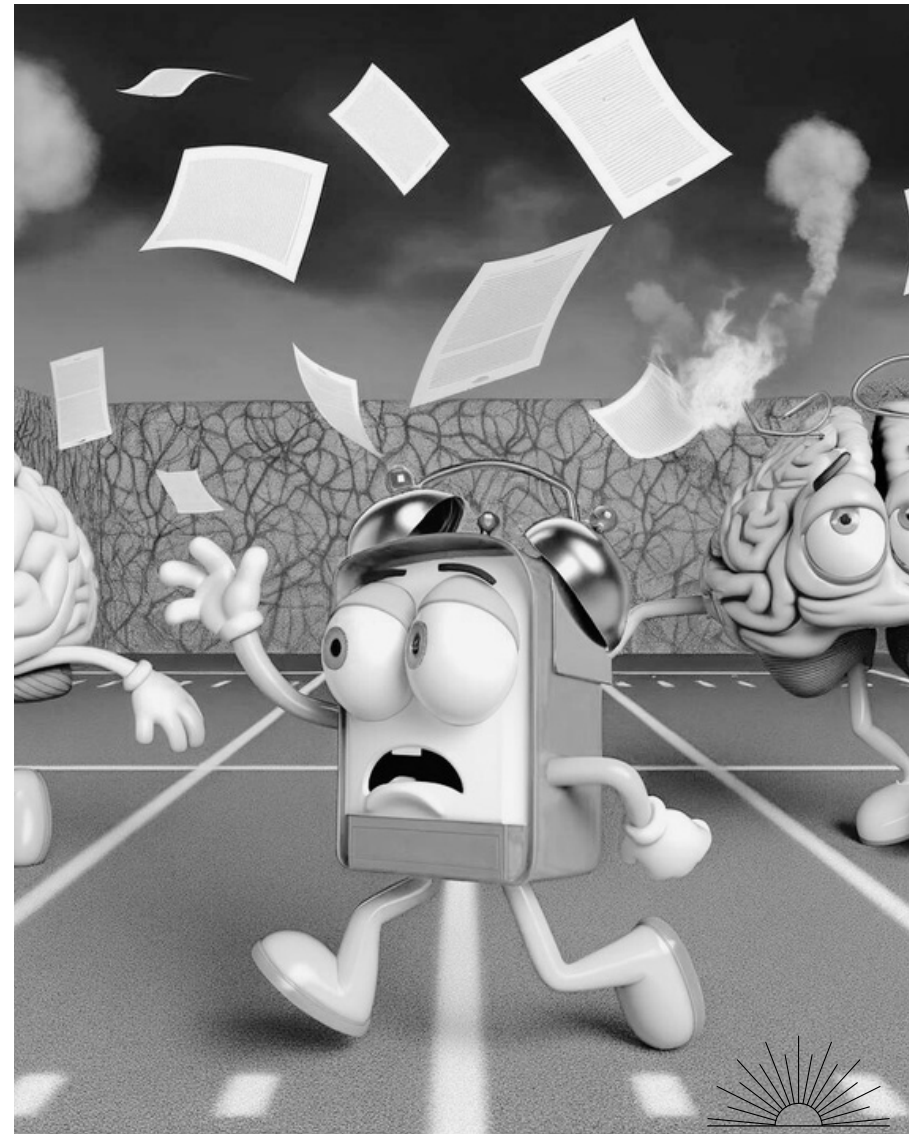
My teacher (prefrontal cortex) is...



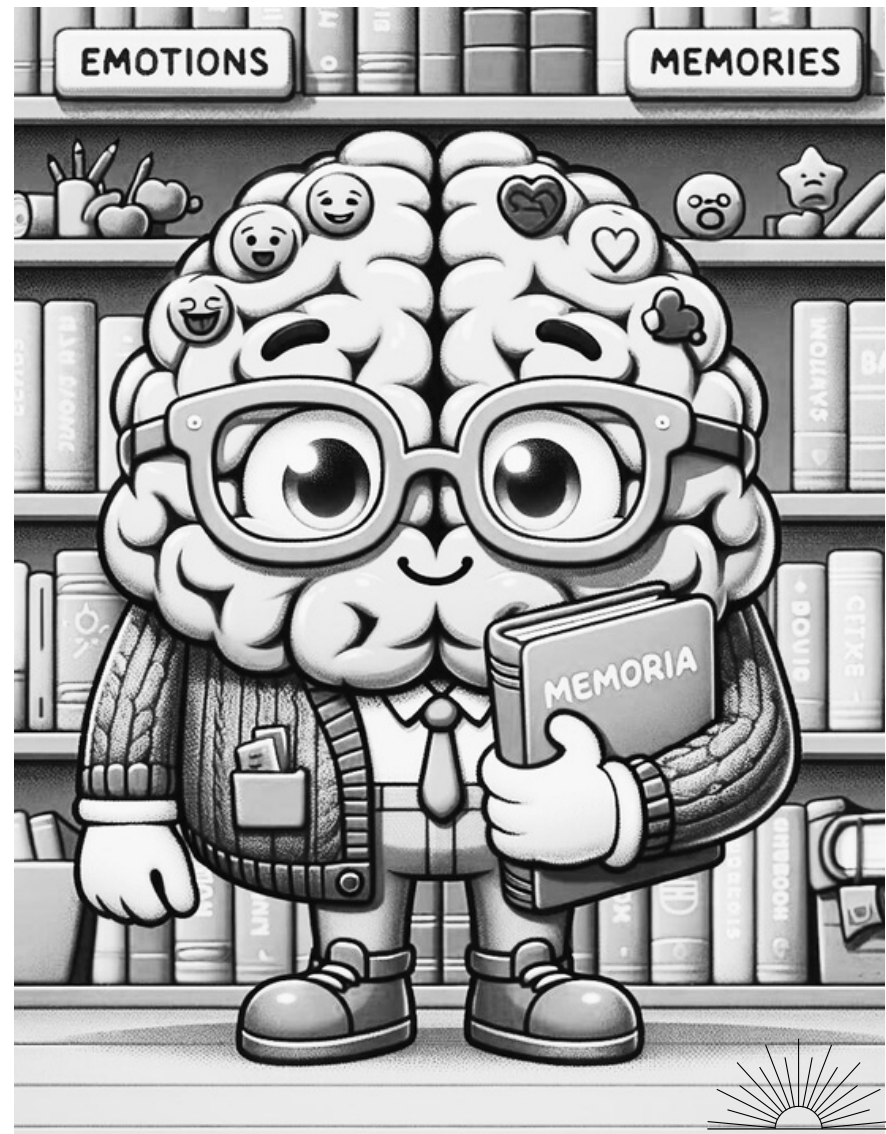
My alarm (amygdala) is...



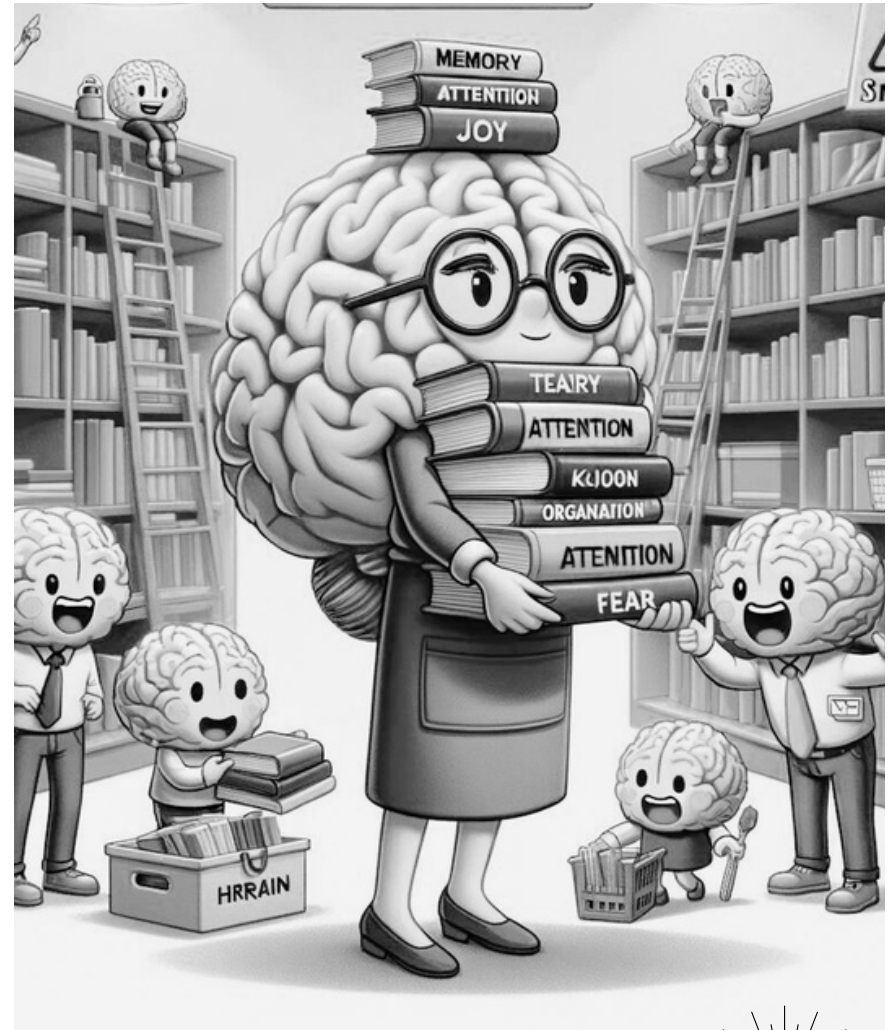
When my alarm goes off, this is what it feels like & what I do:



My librarian
(hippocampus) is...



When I get
overwhelmed, I can...



It helps me when people...

