

# Mindfulness and the Brain



## Amy-G-Dala (Amygdala): "The Protector"

Amy (our amygdala) wants to protect us and keep us safe from danger at all costs! When stressed, though, this will stop the prefrontal cortex (PFC) from receiving helpful information to make positive choices. When "Amy-G-Dala" is at ease, the PFC receives what it needs most!

Prefrontal Cortex



Hippocampus

Amygdala



## Prefrontal Cortex: "The Wise One"

Helps us to calm and make wise choices, and sends and receives memories from the hippocampus. When "Amy-G-Dala" is stressed, the PFC is not available to us!



## Hippocampus: "The Memory House"

The hippocampus is like a computer that receives and sends information, but it stores and recalls memories. When "Amy-G-Dala" is upset or stressed, memories can not be brought to mind or stored.

## Mindfulness to Support Calm and Healthy Choices:

When we use mindfulness, we are able to calm the amygdala and access our PFC to make healthy choices. We are also able to remember things better and store information when we need to!