

The Amygdala Hijack



When instinctive responses to a threat take over in other situations, it hinders our ability to think rationally and deal effectively with change.

Fight, Flight or Freeze?

When your brain is in "fight or flight", the amygdala overrides the frontal lobes and more energy is pushed to your limbs to prepare for action, leaving less brain power to focus on thinking rationally.

Managing Self

Engage your frontal lobes to think the situation through, review the possible options, and choose the most rational and logical way to respond. But how do we do that?

Take control of your physiology by taking deep breaths, going for a walk, or practicing yoga, meditation, or other calming practices.

Bring awareness to your emotions by putting them into words, which brings you back to thinking with the neocortex.

Relaxing your body and mind through meditation or deep breathing can change your brain's focus from responding to a threat to finding inner peace.

What is my instinct?

What are my physical symptoms?

What do I do to disrupt the physiology?