

How the Brain Reacts and Responds

The column on the left hand side shows how the brain **reacts** to a situation. The column on the right hand side shows how the brain **responds** to a situation.

1.Stimuli/Information



2. Brain



3. Protection



4. Story



5. Reaction



1.Stimuli/Information



2. Conscious brain



3. Listen



4. Process with mindfulness



5. Respond

