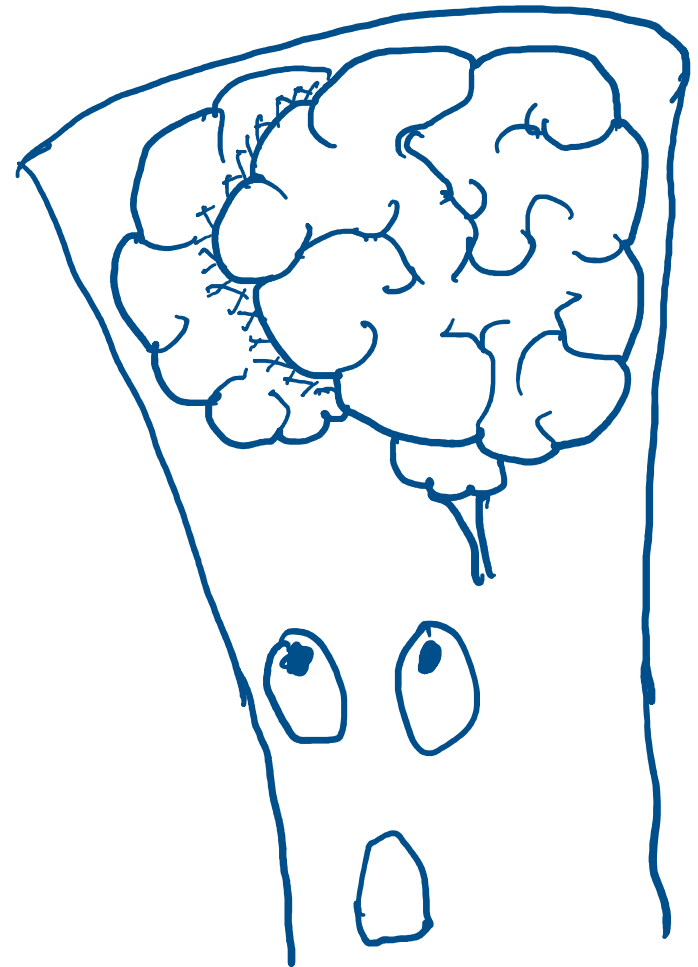


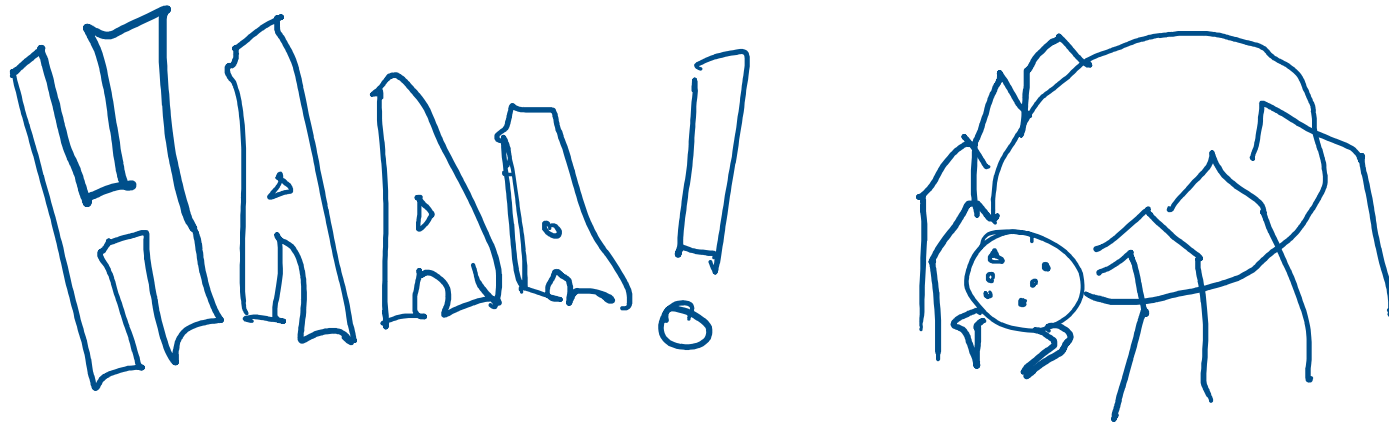
# Neuroscience





## Threat mode

- Under stress, our reptilian brain takes over, and we react by fight, flight, or freeze
- Our brain triggers threat mode all the time in our modern world!
- What was very useful against lions is useless against a grumbling teammate!
- Threat mode inhibits our higher-level cognitive mind
- Threat mode makes us stupid!



## Practicing stressful situations

- Will teach our brains to deal with them differently
- So that we can engage our higher cognitive functions again