

# EMOTIONAL REGULATION

LET'S THINK OF THE AMYGDALA PORTION OF THE HUMAN BRAIN AS A FRIENDLY DRAGON THAT CONTROLS OUR EMOTIONS. THE FRONTAL LOBE, WHICH MANAGES EXECUTIVE FUNCTIONS, IS LIKE A BUSY VILLAGE. WHEN THE DRAGON IS CONTENT IN ITS CAVE, THE VILLAGERS ARE PRODUCTIVE AND HAPPY. BUT WHEN THE DRAGON STIRS UP TROUBLE, THE VILLAGERS HIDE IN THEIR HOMES. IN SIMPLER TERMS, WHEN OUR EMOTIONS TAKE OVER, OUR ABILITY TO THINK CLEARLY DECREASES. LUCKILY, THERE ARE TECHNIQUES YOU CAN PRACTICE TO HELP KEEP THE DRAGON CALM AND THE VILLAGE RUNNING SMOOTHLY.



“THE VILLAGERS ONLY COME OUT TO PLAY IF THE DRAGON STAYS FAR AWAY.”

