



What would you do??



Fight. Flight. Freeze.

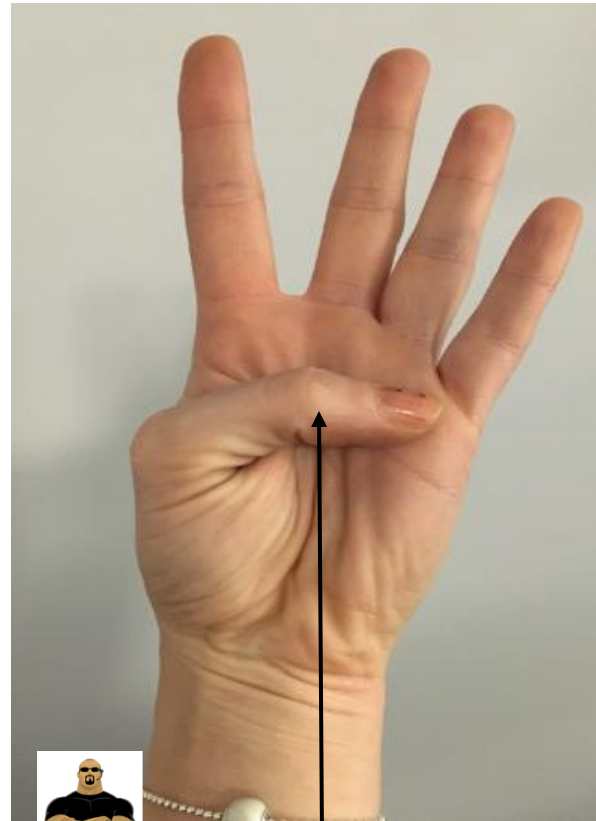


- Fight, flight and freeze are our body's automatic responses to perceived threats to our survival – to keep us alive in times of danger.
- **First we try to fight** – If the brain decides they are not strong enough to fight, **then we try to flee/run away**.
- If the brain detects that there is not enough time to flee, and we are not strong enough to fight, **then the body will freeze**.

What happens to our brains when we 'flip our lid'



**Brainstem –
keeps us alive**



Emotional brain



**Thinking
brain**

In fight/flight situation, our **emotional brain** responds and overrules rational brain.

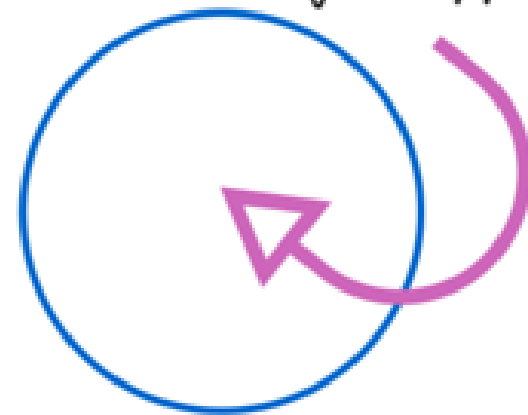
Lid is flipped!

Emotional brain is left exposed – reaction!



YOUR
COMFORT
ZONE

*where the
magic happens*



A little bit of stress can be good for us

Feelings of fear and stress are similar to that of excitement.



Being emotional or stressed does not mean you have mental health problems – it is normal to have emotional responses because we are **HUMAN**.

**Have you ever done or said something that you regretted
when you were angry?**

**Maybe you became overly upset about something that
afterwards seemed quite small?**



If you could look at your own personality, which emotion takes the lead in managing your mind's control room?

Joy? Fear? Disgust? Anger? Sadness?



TEENAGER

noun 1. Someone who is ready for the zombie apocalypse but not ready for the math test tomorrow.



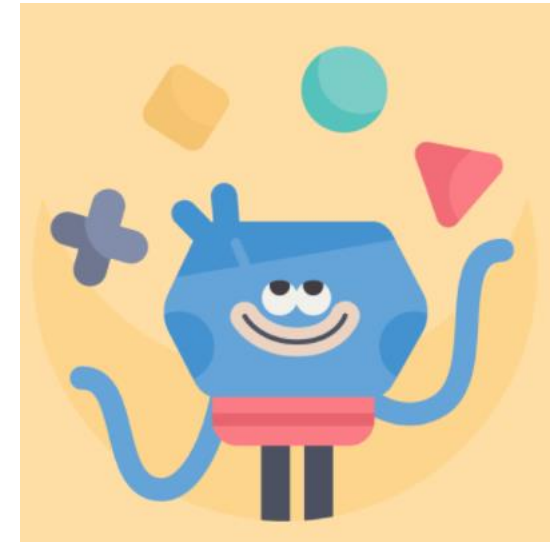
Blame my brain?!

- **Yes!** Stress hormone is produced more readily in teenage years (cortisol).
- **No!** The more you try to make your brain behave in the way you want to, the quicker it will.



Managing your mind's control room

- Don't try to solve problems when upset or angry.
- Find some escape from the problem.
- Exercise and eat well.
- Learn methods of relaxation – sleep!
- Talk over your worries – friends, family, school.
- Positive thinking.



Self-Care

Check your mood.



happiness



joy



proud



sadness



fear



embarrassment



worry



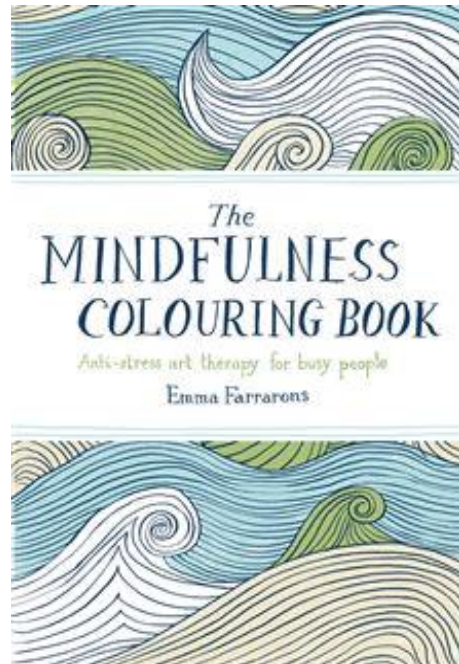
anger



upset

Self-Care

Creativity.



Talk to others.



Physical activity.

