HAND MODEL OF THE BRAIN

COMPARING 2 TYPES OF COGNITIVE STATES

Hand Model of the Brain

"Flipping our Lid"

EMOTIONAL BRAIN

Emotions are processed and Fight/Flight/Freeze response is triggered.

RATIONAL BRAIN

Thinking and problem-solving skills are processed.

- In this cognitive state, all parts of the brain are working together
- We can approach and navigate situations logically
- We feel safe

How Our Brain Functions When Triggered by Stress

- In this cognitive state, the EMOTIONAL BRAIN and RATIONAL BRAIN are not connected or communicating effectively.
- We are not able to access the logical, problem-solving part of the brain.
- Our emotions override our ability to think clearly.

Information adapted from: https://www.drdansiegel.com/