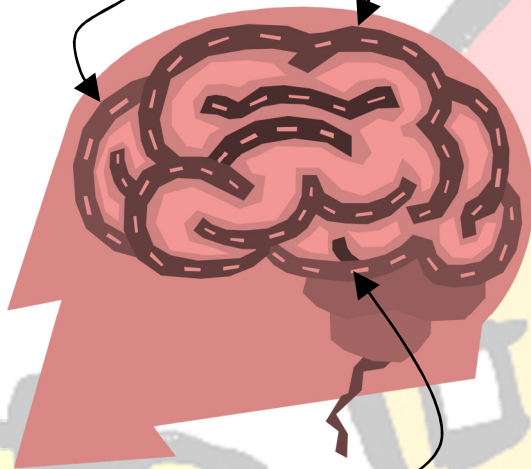


# THE BRAIN

**REASONABLE BRAIN**  
(left Hemisphere)

Right side of your body

**WISE BRAIN**  
BEHIND YOUR  
FOREHEAD



**EMOTIONAL BRAIN**  
(Right Hemisphere)

Left side of your body

## Home & Away Psychological Therapies Service®

Brain Training teaches Young People, Parents and Professional's all about their brains, in particular the effect life events can have on their emotional brain.

Brain Training pays specific attention to emotional brain; in particular feelings, anxiety, fight, flight and freeze impulses and shows how the 5 senses are connected to emotional brain - developing awareness in this area. Brain training also considers relationships and how individuals adapt in relation to another or situation.

The young people, parents and professionals learn to recognise their feelings and how they may adapt to these feelings / sensations within themselves or in relation to another or situation and this is done through psycho-educational, physiological, sensory and mindfulness work in a safe and contained group environment.

Young people have said that this process has helped them to manage their emotions better, due to understanding how it all works.

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## BRAIN TRAINING

Emotion-Regulation



Understanding and Managing  
Your Thoughts Feelings and  
Nervous System

## The Emotional Brain

1. Acts as our guard dog.
2. Makes us alert to danger.
3. It sends a danger signal to the brain in order to release adrenaline and cortisol. These hormones are released all around the body. This helps us to either fight, flight or freeze.
4. The problem with the emotional brain is that it can make us feel like we are in danger when we are not.

## The Reasonable Brain

1. Helps us to be rational.
2. Is more black and white.
3. Helps us with remembering and thinking about stuff.
4. Helps us to pay attention.
5. Is more like a robot – can reason but has no emotion.

## The Wise Brain

1. This pulls the other two parts together.
2. It can analyse and can watch over the other two parts.
3. It helps with our memory, attention, perception, thoughts and language.
4. It is in charge of thinking, planning, reasoning, problem solving, impulse control and making choices.
5. It helps us to put our emotions into words.
6. It helps to make sure your emotions do not take over.