



**THE VERY FRONT
OF YOUR BRAIN IS YOUR
'CAPTAIN'**

BE AWARE, TAKE CARE

When you are afraid, under stress or overly excited, your brain 'down-shifts'. Your 'Captain' turns off and all you want to do is RUN! Your brain has been hijacked. Since the brain's number one job is to survive, it immediately shifts into a fight or flight mode when this occurs. This downshifting response is automatic and fast. It is the biological response of the brain to a threat, whether real or perceived.

You often can't run away. You are on the job, in the home or in the community. Our ancestors ran away when threatened by a tiger. In today's world, the same biological response occurs without any tigers in your vicinity.

Emotional Safety

The brain also needs emotional safety. The brain cannot work successfully or learn unless you feel safe. Therefore, bullying, putdowns, harassment or threats of any kind are totally unacceptable. These actions down-shift the brain as much as unsafe physical realities.

WHAT IS YOUR BRAIN'S #1 JOB?

The basic instinct of the human brain is to survive. Survival issues always come first. The brain needs safety to function. Stress and threats disrupt learning. Classrooms, workplaces and home environments, for that matter, must be free of any kind of threat. When the brain perceives danger, it is less capable of making judgments, recording information, solving problems, creating, paying attention or performing higher-order skills.

The brain registers DANGER. Your survival system has taken over instantly, initiating the follow responses:

- Your heart races
- Your respiration increases
- The blood drains out of the front of your brain and goes to your hands and legs
- Your digestion stops
- Your immune system gears up - ready for damage control
- Your Pre-frontal Cortex, the 'Captain', goes offline
- Logic, reasoning and thinking are compromised

This is what happens to all of us each moment of the day. Whenever you enter a new situation or meet a new person, the brain makes an immediate microsecond analysis. Is this person a threat? Or is this person a reward? Is this Job or situation safe? Is it safe to drive?

**THE KEY TO BRAIN SAFETY
IS IN YOUR HEAD**