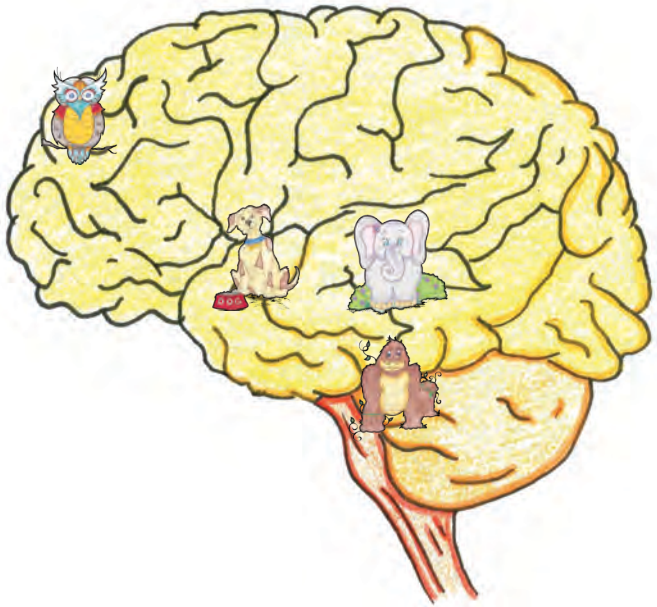
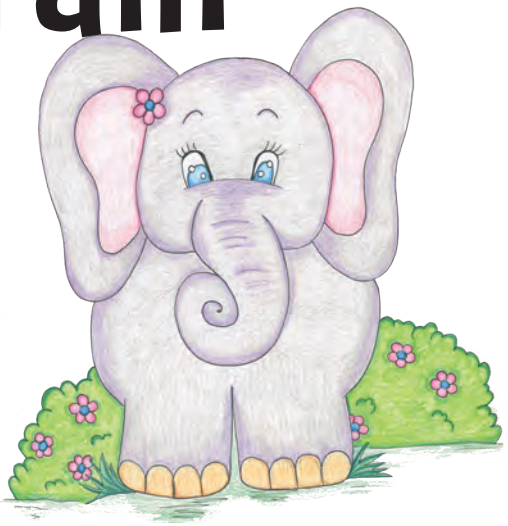
The Animals in my Brain

sarahjoseph.ca

Derik the Guard Dog, our *Amygdala*, barks to warn us about danger and makes us act fast.





Elsa the Elephant our *Hippocampus* helps us learn and remember unless she's scared away by Derik's barking.

The Wise old Owl our *prefrontal cortex* helps us solve problems and make plans. He flies away when Derik barks.

How can you calm Derik the Guard Dog?

Anthony the Ape our *fight, freeze or run response*. When Elsa and The Wise old Owl leave, Anthony's in charge and things don't go so well.