



ABCs of BEST-ness

Your Brain Under Stress

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When something stressful or traumatic occurs, the brain automatically goes into protection mode. The ability of your frontal cortex becomes diminished, making it hyper-protective! It identifies all potential threats, struggling to sort out a real threat from a false threat. The almond-shaped amygdala, located deep in the temporal part of your brain, goes into overdrive, increasing emotions and decreasing logic. As a result, you might feel exceptionally emotional, hyper-alert, anticipating danger, even when it might not really be there. It's a burdensome, exhausting experience.

This isn't something we can override; our brain calls the shots. But we can increase our awareness and

understanding of it. Realizing it is brain science and outside of your ability to control is helpful. This knowledge will hopefully encourage you to challenge emotional, subjective thinking with logical, objective thinking. And remind you to take good care of your brain. It, like other parts of your body that might be subjected to stress or trauma, benefits from rest and recovery. When things are stressful, take extra time to give your brain a little TLC!

Use the buddy system! Call us 24/7 at 877.256.9302 for phone-based support!

If you feel that the support of a counselor or professional coach would be of help to you, call our 24 hour, REALiving EAP Call Center at 1.877.256.9302 for assistance.

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