

## Calm Your Brain: Get to know your amygdala!

Your amygdala is small but mighty and it's working hard behind the scenes every day. Below are 10 brainy facts and practical tips to help you understand and support your emotional brain! I've left space for you to jot down your own.

### 1. Your Brains Alarm System

Fact: The amygdala acts like your personal bodyguard, scanning for threats 24/7 and triggering your fight-or-flight response in milliseconds.

Tip: When you feel a surge of emotion, pause. Acknowledge the alarm but wait before acting. Just let your amygdala do its job.

### 2. Two is Better Than One

Fact: You have two amygdalae, one in each hemisphere each about the size of an almond.

Tip: Visualize your amygdalae when anxious. Seeing them as small but powerful can help shift your mindset from panic to awareness.

### 3. Memory's Emotional Highlighter

Fact: The amygdala helps encode emotional memories, good and bad, into your long-term memory.

Tip: Use strong, positive emotions to anchor habits and learning. Excitement helps you remember!

### 4. Fear Has a Highway

Fact: Fear travels the low road (fast, straight to amygdala) and high road (slower, logical path).

Tip: Notice when your brain jumps to conclusions. Ask: Is this low road fear, or is it really dangerous?

### 5. Beyond Fear

Fact: Your amygdala also responds to joy, excitement, pleasure, and bonding, not just fear.

Tip: Boost it positively! Laugh, play music, hug someone your amygdala loves those too.

## 6. Social Medias Best Friend

Fact: Your amygdala reacts to likes, comments, and validation online it; craves connection.

Tip: Use this to your advantage. Follow uplifting content and avoid doomscrolling to protect your emotional health.

## 7. Anxiety's Command Center

Fact: Overactive amygdalae are linked to anxiety, PTSD, and phobias it interprets safe things as threats.

Tip: Practice grounding techniques 5 senses, deep breaths, or holding a calming object to signal safety.

## 8. Sleep Affects Your Emotional Brain

Fact: Poor sleep makes the amygdala 60% more reactive to negative events.

Tip: Prioritize quality sleep. Create a wind-down routine to reset your emotional brain each night.

## 9. Meditations Target

Fact: Meditation can shrink the amygdala and increase control from your thinking brain.

Tip: Meditate daily, even 5 minutes helps. It strengthens the calming circuit between logic and emotion.

## 10. The 6-Second Rule

Fact: The initial emotional surge from the amygdala lasts about 6 seconds.

Tip: Count to ten. Literally. Waiting a few seconds gives your brain time to regulate and choose a response.

Share your success story with me: [tamiwest@tamiwest.com](mailto:tamiwest@tamiwest.com)



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