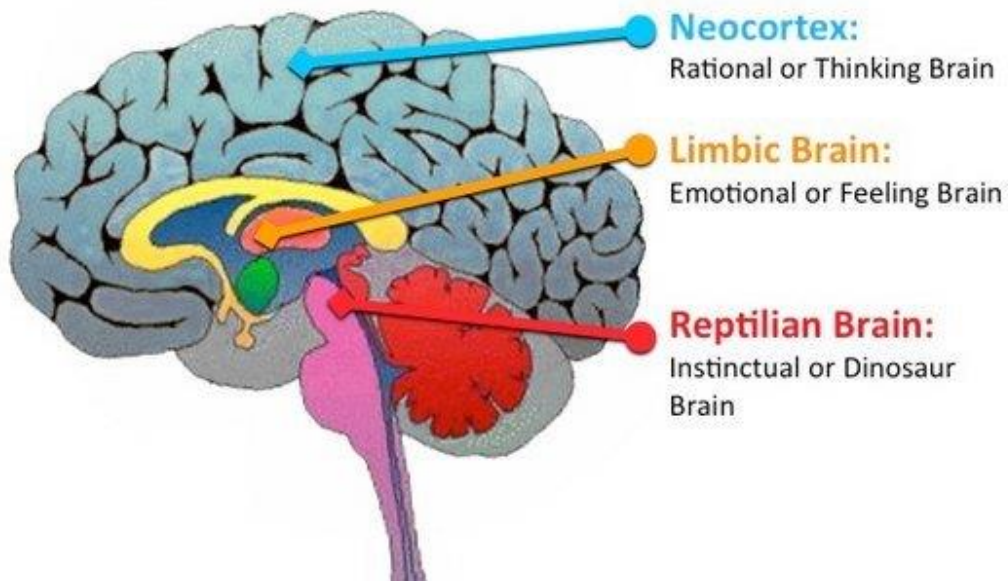


Understanding fight or flight



The **rational** brain:

- Understands how things work
- Figures out how to accomplish goals
- Manages time
- Sequences our actions

The **limbic** brain:

- Monitors danger
- Activates the fight or flight response
- Manages our emotions

The **reptilian** brain is responsible for:

- Eating
- Sleeping
- Breathing
- Physical sensations: pain, hunger
- Body temperature
- Energy level