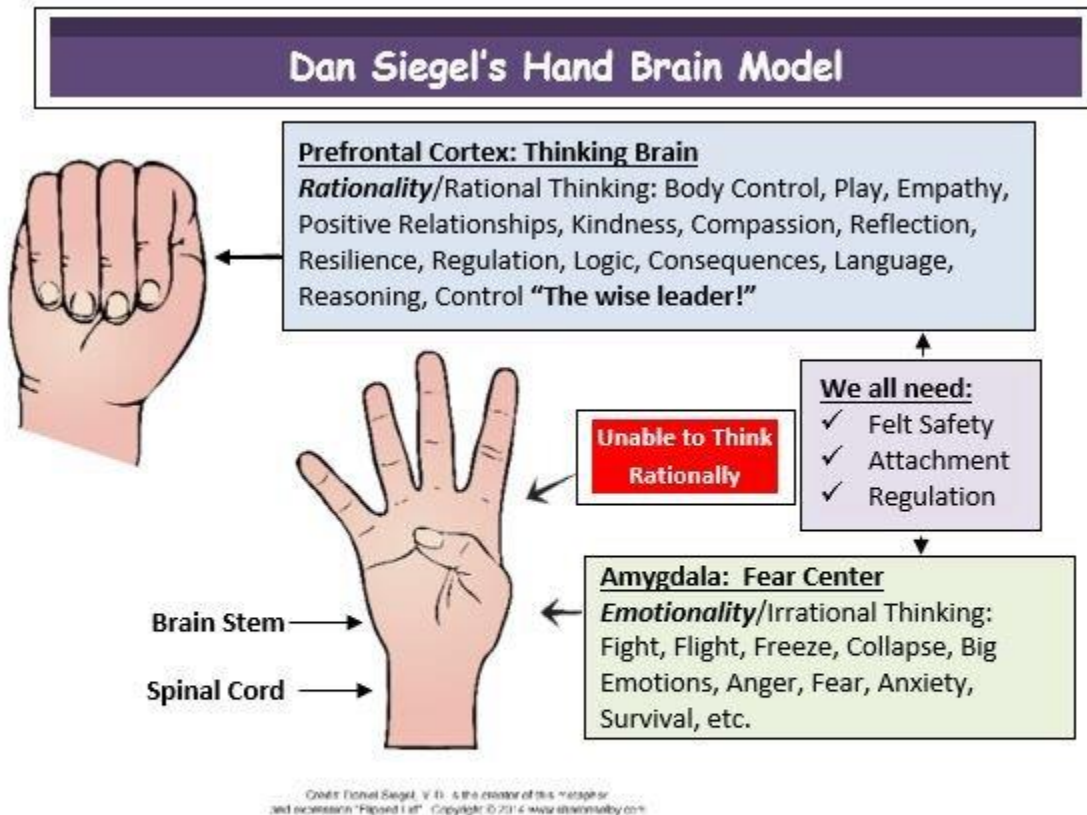


Hand Model of the Brain Resources

Dan Siegel's Hand Model of the Brain

2 Minute Video: <https://youtu.be/gm9CIJ74Oxw>

8 Minute Video: <https://youtu.be/f-m2YcdMdFw>



The Amygdala sends waves to the Hypothalamus (command center) which activates the Autonomic Nervous System:

- ✓ Sympathetic (fight, flight, freeze, collapse)
- ✓ Parasympathetic (rest & digest)