Amygdala Focus Activity

Think of the last time you experienced extreme stress or your own personal tragedy.

How did you feel the next day?



Write down how you felt here:

- [ ] Were you a bit slower to get started?
- [ ] Did you lose your train of thought?
- [ ] Did you zone out a little?



This state of functioning makes it difficult to use acquired skills, let alone learn new ones. Before we can adequately improve our executive function skills, we need to feel safe so we can reduce our stress and anxiety so that we can learn. Think of examples of things that help YOU feel safe.

What makes you feel safe?

Watch Dr Kate Truitt's Amygdala CPR video (see the resources page) to learn how to calm your brain when your Amygdala tries to hijack you.