



Prefrontal Cortex (Upstairs Brain):

- Watch tower
- Planning
- Logic
- Problem solving
- Critical thinking
- Helps with understanding feelings
- Think before acting
- Executive functions

Hippocampus:

- Processes and Stores Memories
- Learning, experiences, and emotional responses stored here



Prefrontal Cortex

Hippocampus



Amygdala

Amygdala (Downstairs Brain):

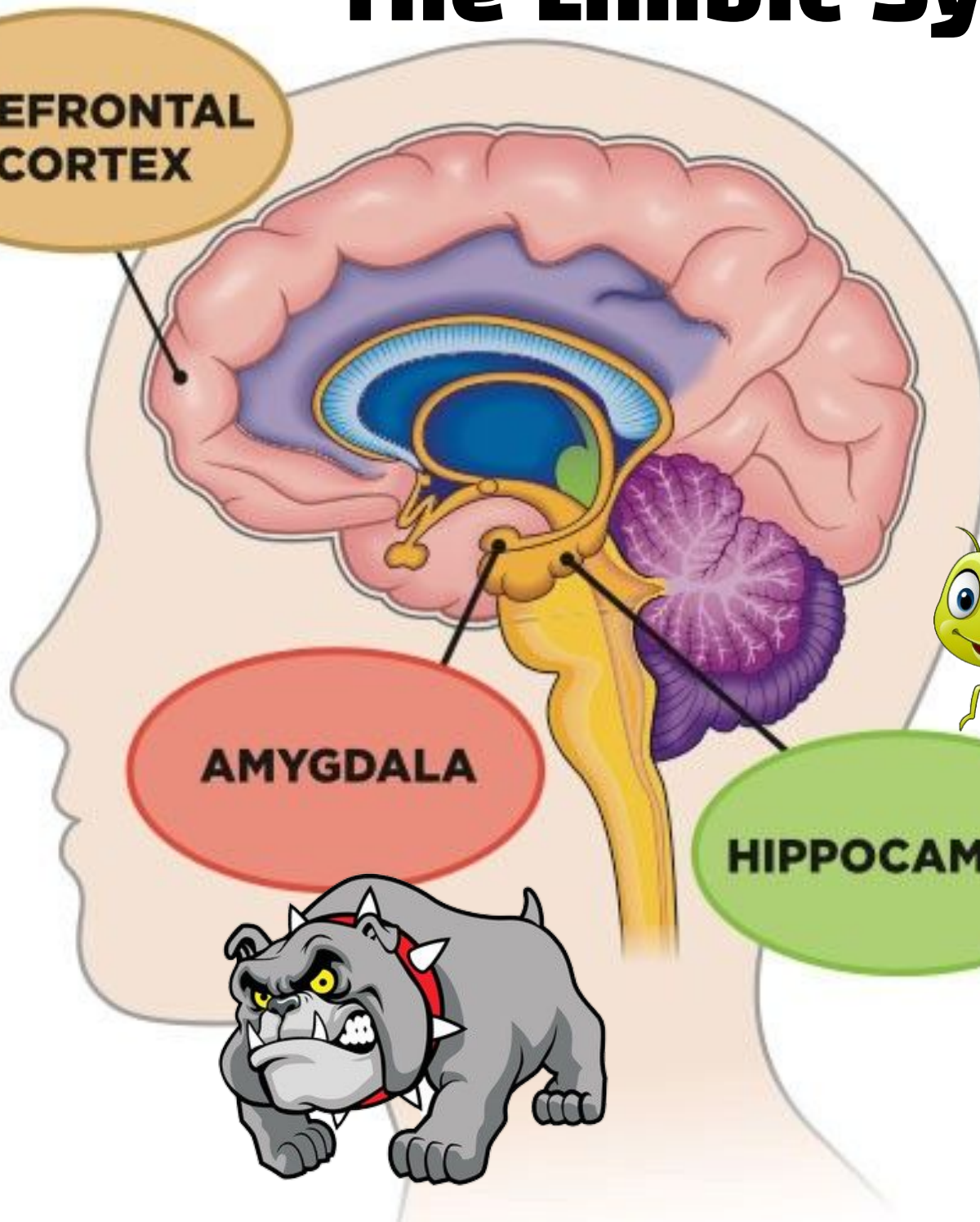
- Smoke alarm
- Fight, flight, faint, freeze system
- Reacts to threats, danger, and fear
- Keeps us safe in survival situations
- React before thinking
- Curiosity lives here

The Limbic System

The Limbic System



**PREFRONTAL
CORTEX**



AMYGDALA

HIPPOCAMPUS

