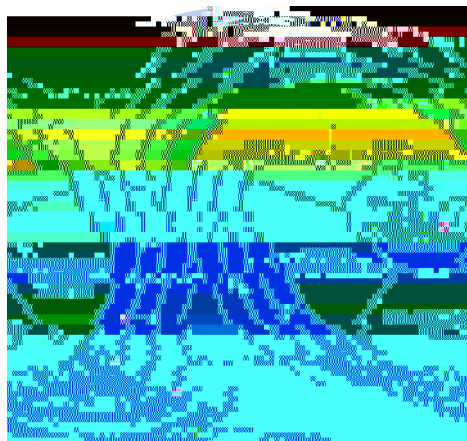


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Think of your amygdala as your brain's security guard, monitoring to ensure your safety. It doesn't know the difference between stress and danger, though, and can block information from getting to the thoughtful part of your brain, the prefrontal cortex. Deep breathing can help calm the amygdala, allowing more information through.

Self-calming strategies encourage Responsible Decision-making, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/neof