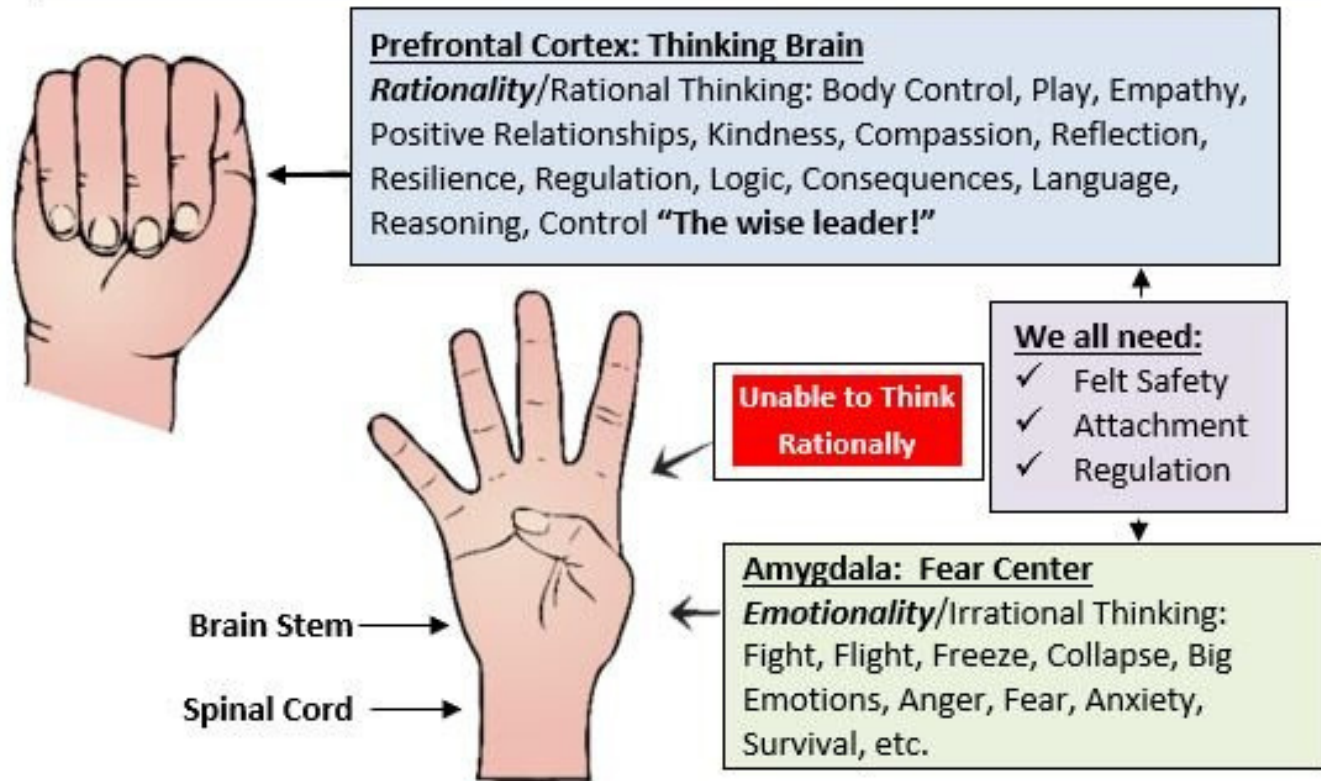


Dan Siegel's Hand Brain Model



Credit: Daniel Siegel, M.D. is the creator of this metaphor and expression "Finger 1st" Copyright © 2014 www.danielisrael.com

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

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