



## Stress, the Brain, and Emotional Well-being

When youth understand how their brain works and what they can do to strengthen brain health, their social emotional well-being and motivation to learn increases.

### Understand the Brain and Executive Functions

The *prefrontal cortex* is the brain's manager and is in charge of:

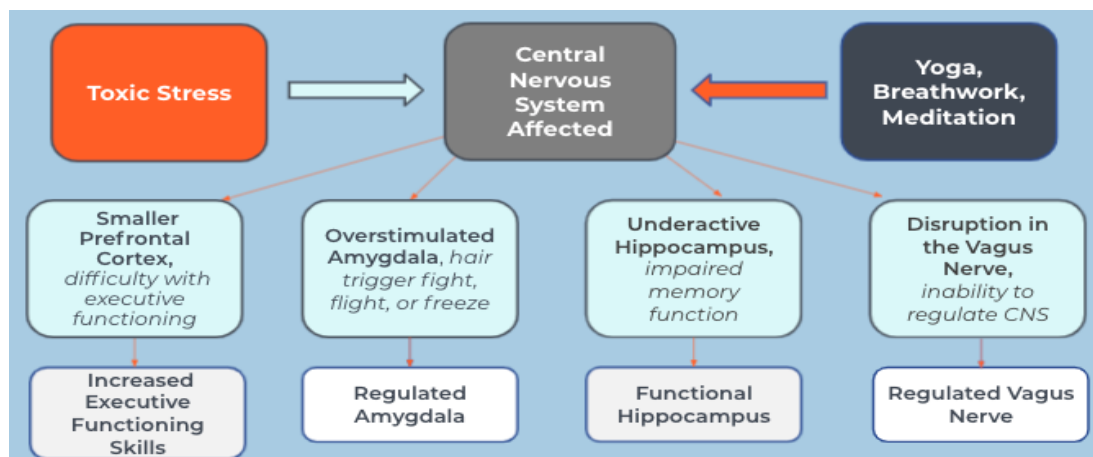
- Decision-making
- Organizing
- Planning
- Working memory
- Task initiation
- Higher order thinking
- Self-monitoring
- Impulse control
- Emotional regulation

### Understand the Brain and Emotions, Memories, and Survival Response

The *limbic system* is the brain's protector and is in charge of:

- *Amygdala*: fight, flight, freeze response
- *Hippocampus*: short term and long term memory
- *Hypothalamus*: homeostasis in the body (neutral, balance)

### Recognize How Stress Affects the Brain and How Mindfulness Can Help



### Use Other Brain Health Practices to Reduce Stress

- Get 150 minutes of aerobic exercise each week.
- Eat [brain healthy foods](#).
- Teens should get 8-10 hours of sleep a night. Adults should get 7-9 hours.

