

Group Packet



The brain can be tough to understand so let's break it down into **three main parts** that help guide our emotions.

1

The first part of our brain is our smart brain, also known as our frontal lobe. Our smart brain helps us with things like reading, writing, solving problems, thinking clearly and even with how we communicate.



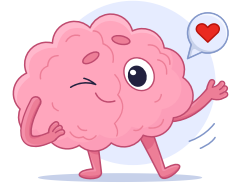
2

The second part of our brain is our emotional brain. The emotional brain is in charge of the storing and sorting of emotions and memories.



3

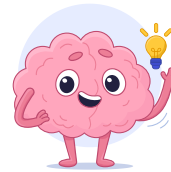
The third part of our brain is the survival brain, also known as our brain stem. This part of the brain is responsible for our body's basic functions, things like our breathing, heart rate, movement, sleep and more.



When we feel really strong emotions our smart brain can go temporarily offline. This is so our emotional brain can focus on sending messages to our survival brain to respond as quickly as it can to help keep us safe.



Our brain has evolved to help us stay safe from danger. When our brain is really stressed and thinks we're in danger, it tries to keep us safe by triggering a response called, 'Fight, flight, freeze'. This is our brain's natural reaction to danger.



QUICK TIPS

Fight

You might feel like yelling or screaming that's your fight response.

Tip One: If you can learn how to calm down your body this can help to calm down your survival brain. You can do this by doing physical things like taking deep breaths, going for a run, or taking a shower.

Flight

You might want to run off stage and hide that's your flight response.

Tip Two: Calming down your thoughts can help calm down your emotional brain. You can do things like meditation, mindfulness, or activities that use your five senses.

Freeze

You might freeze in place and not be able to get the words out that's your freeze response.

Tip Three: Keep your smart brain switched on. Do things your smart brain is good at like communicating with a trusted adult, talking to a counselor, reading a book, or writing your thoughts down. Calming yourself down takes practice, so to get really good at managing those big emotions you have to keep practicing.



The good news is that there are lots of things we can do to help calm these big feelings down and keep the smart brain switched on.

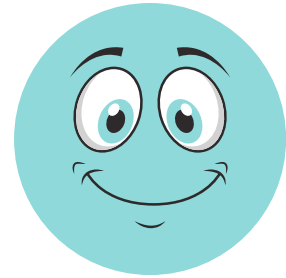
Feelings Chart



VERY HAPPY



HAPPY



CONTENT



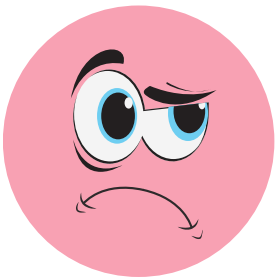
EXCITED



WORRIED



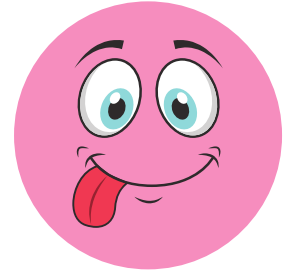
SAD



CONFUSED



ANGRY



SILLY



SCARED

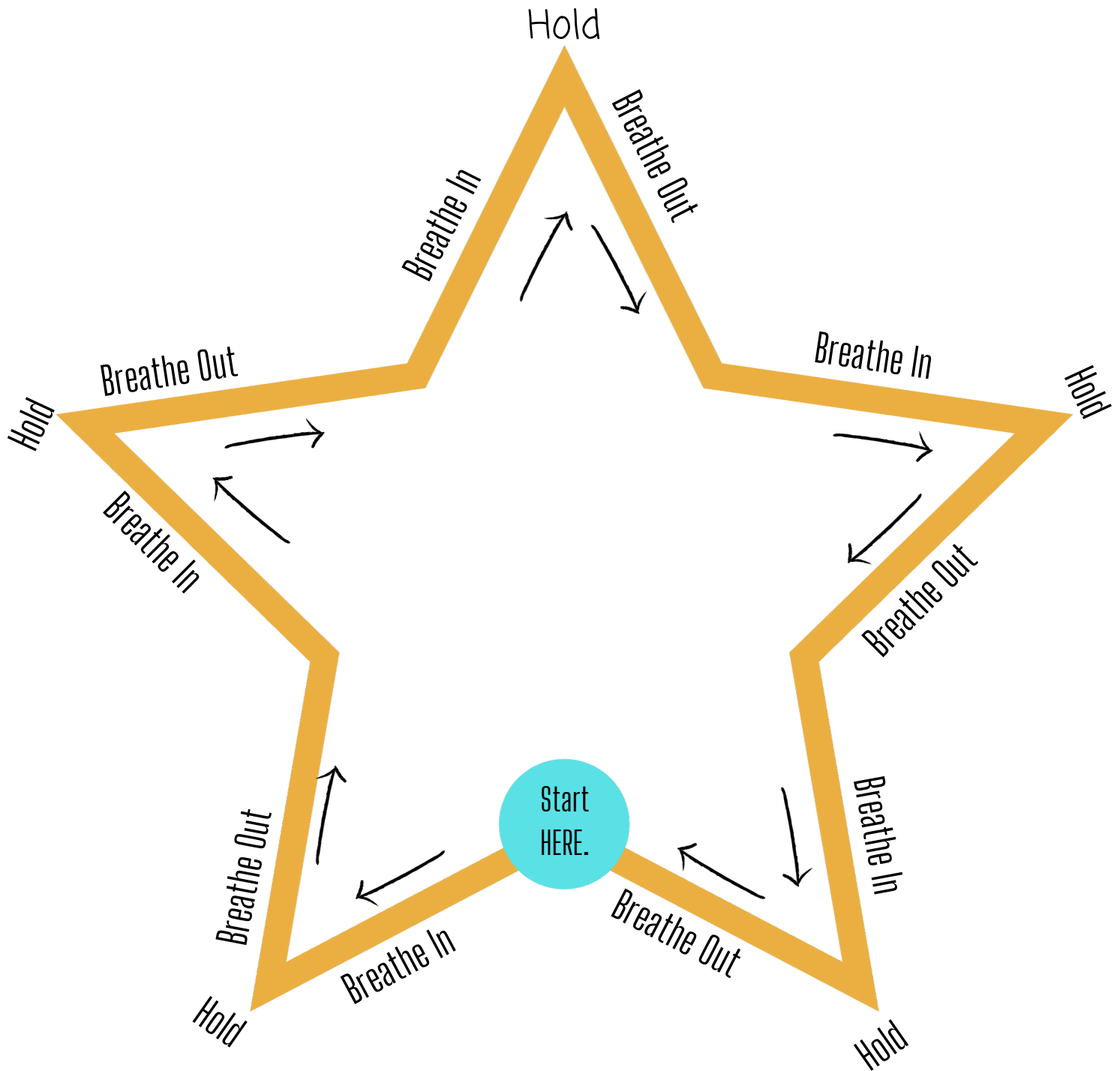


HURT



TIRED

Star Breathing

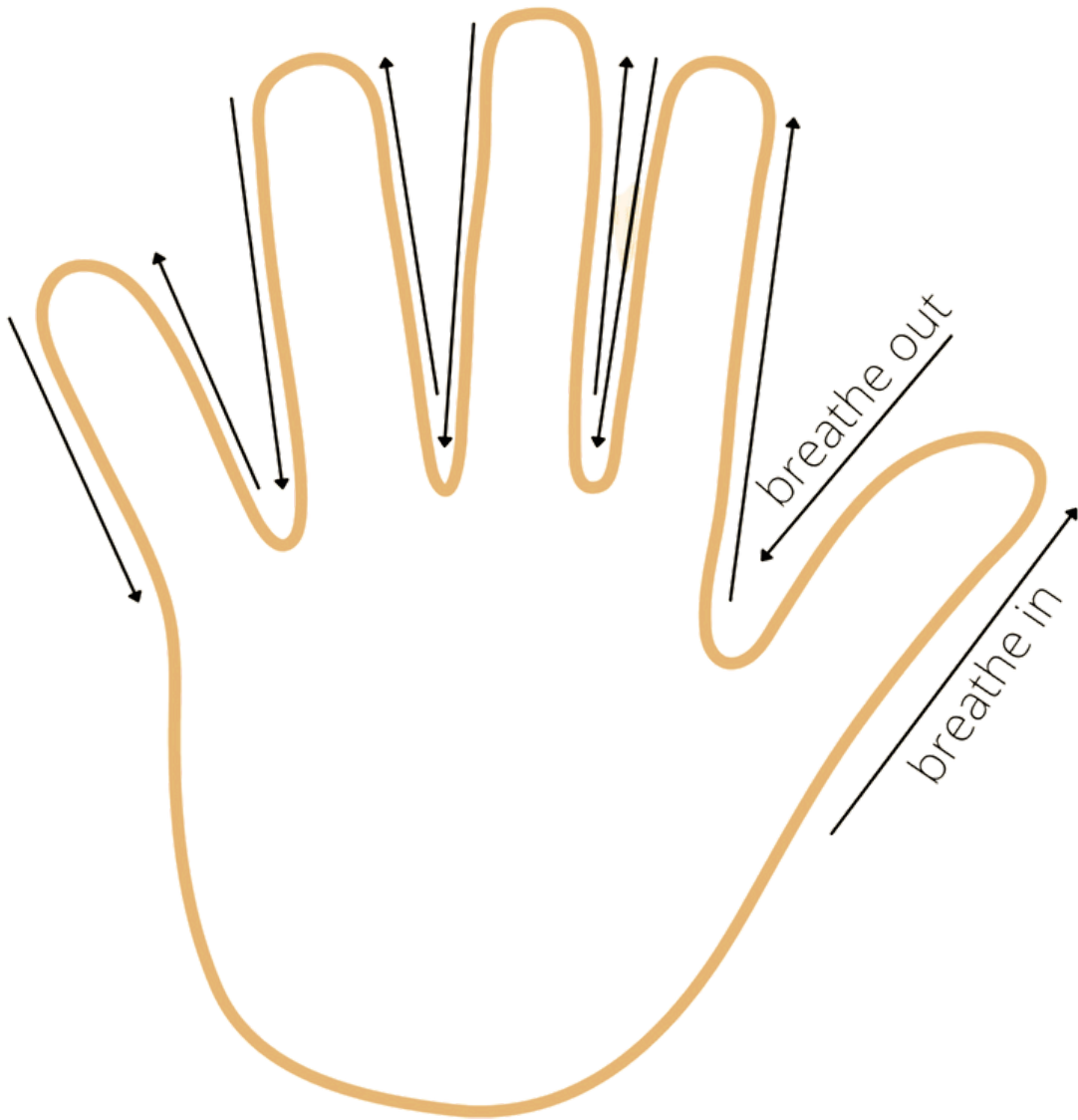


Instructions:

1. Place your finger on the starting position.
2. Trace the star by following the arrows.
3. Breathe in deeply and slowly, hold for a second and gently breathe out a little longer and slower than your in-breath.

hand breathing

- Trace the shape of your fingers.
- Breathe in as you trace your finger up and breathe out as you trace it down.



Grounding Technique

5

Things you can

SEE

4

Things you can

FEEL

3

Things you can

HEAR

2

Things you can

SMELL

1

Things you can

TASTE



Referral for Individual Therapy

Medicaid

Wayne County Access
Center/Wellplace
1-800-241-4949

There will be a short screening of the concerns you have. After that an intake will be schedule with your local Community Mental Health Organization.

If you prefer to have services with The Guidance Center, request that when you call, otherwise they will schedule you an intake with the agency closest to your home.

Medicaid and Autism

Wayne County Access
Center/Wellplace
1-800-241-4949

Private Insurance

The Guidance Center Adult and
Family Services
(Southgate) 734-287-1500

New Oakland
(Southgate) (Multiple locations)
734-225-2090

Apex Behavioral Health
(Brownstown) (Multiple locations)
734-479-0949

Great Lakes Psychology Group
(Multiple locations)
(800) 693-1916

Advanced Counseling
(Taylor)
(734) 285-8282

Psychology Today
www.psychologytoday.com

