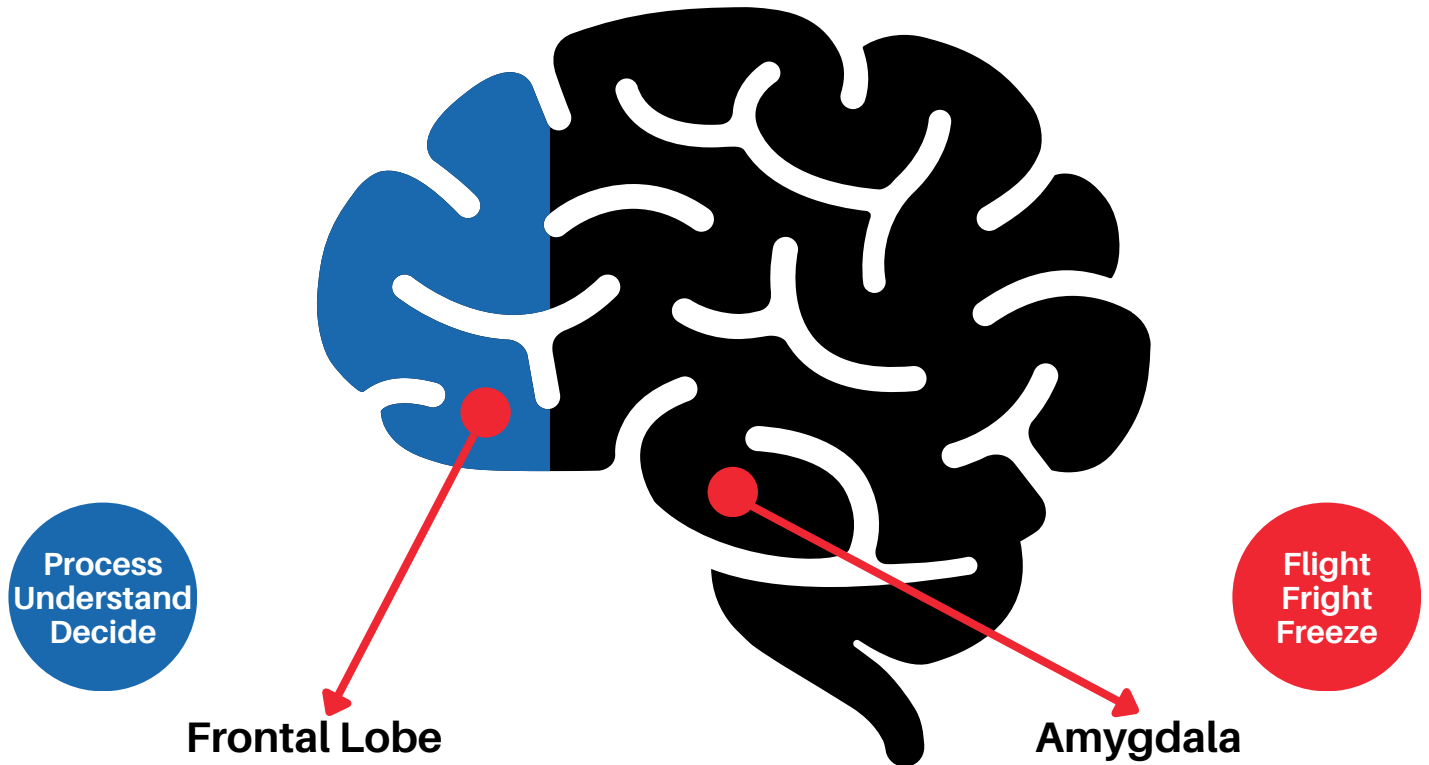


COVID-19

Why Fear was the Message?



- Area of the brain that regulates emotions, makes decisions and solves problems
- When properly engaged, actions and behaviours are logical and well-planned
- Thinker sees the short and long term consequences of their actions

- When triggered, it overrides the frontal lobe to react quickly to danger
- Meant as a short term survival mechanism, not a long term state of being
- This lack of "thought" can be harmful

Quiet your amygdala and reengage your frontal lobe
by watching the
National Citizens Inquiry testimonies



NationalCitizensInquiry.ca/commissioners-report/