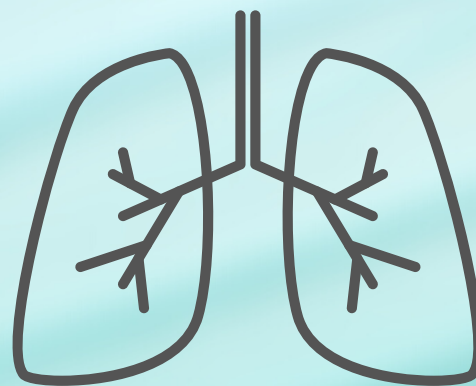


# Your Brain & Your Breathing

It can be surprising to learn how our brain and breathing affect our emotions.

Your lungs take in oxygen from the air you breath and get rid of extra carbon dioxide. When you are worried your breathing can become quick and you lose more carbon dioxide than when you are relaxed, which can make you feel anxious.



**Take some slow, full breaths to help you feel calmer.**

When you are stressed, the amygdala takes over and gets your body ready to fight or run away.

When you are worried, the amygdala makes you breathe quicker and your heart beat faster. **A few slow and controled exhales can calm the amygdala** and let the prefrontal cortex take back control. The prefrontal cortex is the part of the brain that you use to think through ideas and make decisions. When you are calm, this part of your brain is in charge.

