

BRAINPOWER

YOUR BRAIN WHEN YOU'RE SCARED



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CHAPTER 1

WHAT SCARES YOU?

Think of a time you felt scared. What caused your fear? Maybe loud thunder scared you. Maybe a large dog barked at you.



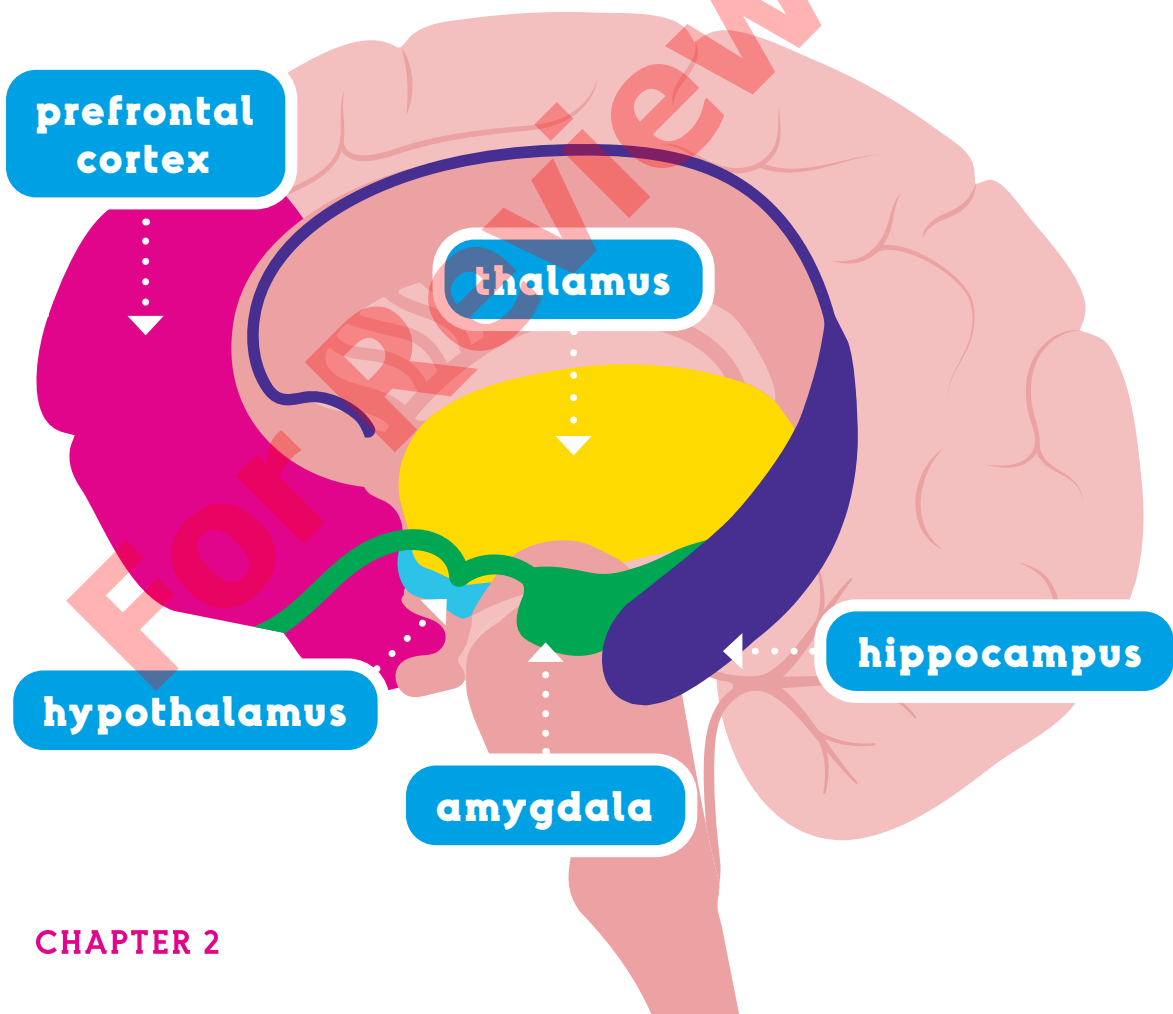


How did your body feel? Did your heart beat faster? Did you sweat? Fear is an **emotion**. Your brain **processes** it. But you feel it in your body, too.

CHAPTER 2

FEAR IN THE BRAIN

When something scares you, your brain works quickly. Your thalamus processes messages from your **senses**.



If you see or hear something that scares you, the thalamus sees that as a **threat**. It alerts the amygdala.



Imagine you are hiking. You suddenly come to the edge of a cliff. Your amygdala knows you are in danger. You don't have time to think about what to do. Your brain tells you to move back—and quickly.

FEAR OR ANXIETY?

Fear is a **reaction** to what your brain sees as danger. Anxiety is fear of something that could happen. You might be anxious about a math test. If you are worrying a lot about something, ask a trusted adult for help.



