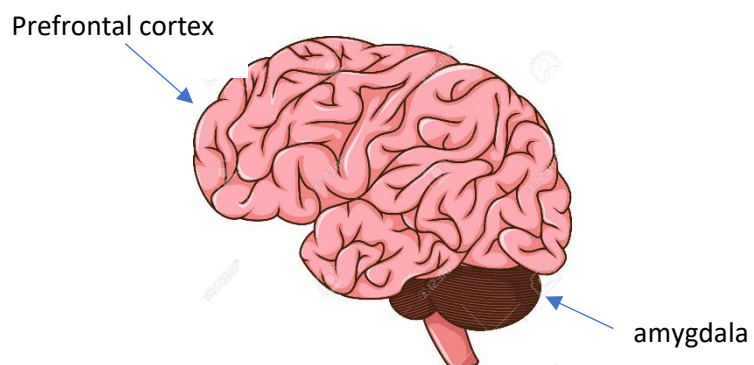


Barking Dog & Wise Owl

When the guard dog starts barking he scares off the wise old owl. Now the barking dog is in control of us instead of the wise old owl and that's not usually helpful. So, it's a good idea to learn some ways that can calm down the guard dog and get the wise old owl to come back to his perch.



Wise Owl (prefrontal cortex): helps us **solve problems** and use our words, also helps with impulse control. This is our thinking brain **where we can access our knowledge**



Guard Dog (amygdala): protects by barking at things that might be dangerous. The guard dog is just a puppy and still learning what is really dangerous and what is not. So sometimes the guard dog barks at things that aren't dangerous like leaving the house or going to a social event.

This is where your

Fight, Flight, Freeze

reaction happens

