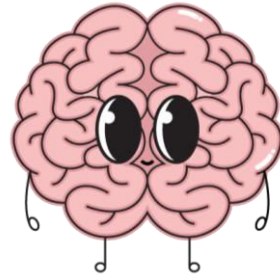


Brain Talk



Words to help you understand yourself

Adrenaline – A chemical that gives your body a burst of energy in stressful or exciting situations.

Amygdala – Part of the brain that helps process emotions, especially fear and danger.

Anxious – A feeling of worry or nervousness about something that might happen.

Anxiety – A diagnosed mental health condition where feelings of worry, fear, or nervousness are strong, last a long time, and can interfere with everyday life, even when there is no clear danger.

Boundaries – Limits we set to keep ourselves safe, comfortable, and respected.

Breathing techniques – Ways of controlling your breathing to help you feel calm and relaxed.

Character – The qualities that make you who you are, including how you think and behave.

Coping tools – Strategies or activities that help you deal with stress or difficult emotions.

Cortisol – A hormone released when your body feels under pressure.

Depression – A diagnosed mental health condition where someone feels very sad, low, or loses interest in things over time.

Dopamine – A brain chemical linked to motivation, pleasure, and reward.

Emotion – A feeling such as happiness, anger, sadness, or fear.

Empathy – Understanding and sharing how another person feels.

Fight, Flight, Freeze – The body's automatic reactions to danger: fight it, run away, or stay still.

Goal setting – Deciding what you want to achieve and how to work towards it.

Growth mindset – Believing you can improve and learn through effort and practice.

Hippocampus – Part of the brain that helps with memory and learning.

Journalling – Writing down your thoughts, feelings, or experiences.

Limbic system – A group of structures in the brain that work together to control emotions, behaviour, memory, and the body's response to stress (includes the amygdala and hippocampus).

Melatonin – A hormone that helps control your sleep cycle.

Mindfulness – Paying attention to what is happening right now, without judging it.

Nervous System – The body's system that controls actions; the sympathetic nervous system prepares you for action (stress), while the parasympathetic nervous system helps you relax.

Oxytocin – A hormone linked to bonding, trust, and feeling connected to others.

Panic attack – A sudden feeling of intense fear with physical symptoms like a fast heartbeat or difficulty breathing.

Peer pressure – Feeling pushed by others your age to act or behave in a certain way.

Prefrontal Cortex – The part of the brain that helps you think, plan, and control your actions.

Reflection – Thinking about your thoughts, feelings, or experiences to learn from them.

Resilience – The ability to recover or bounce back from challenges.

Respect – Treating yourself and others kindly and fairly.

Self-care – Actions you take to look after your mental and physical health.

Self-confidence – Belief in your skills and abilities.

Self-esteem – How you feel about yourself and your abilities.

Self-worth – Believing you are important and valuable as a person.

Serotonin – A chemical that helps regulate mood, happiness, and sleep.

Stress – The feeling of pressure or tension when facing challenges.

Trigger – Something that causes a strong emotional reaction.

Wellbeing – The overall state of being healthy, happy, and balanced.

Worry – Feeling nervous, scared, or upset about something that might happen or is happening right now. It is a normal brain response when we think about problems or change.