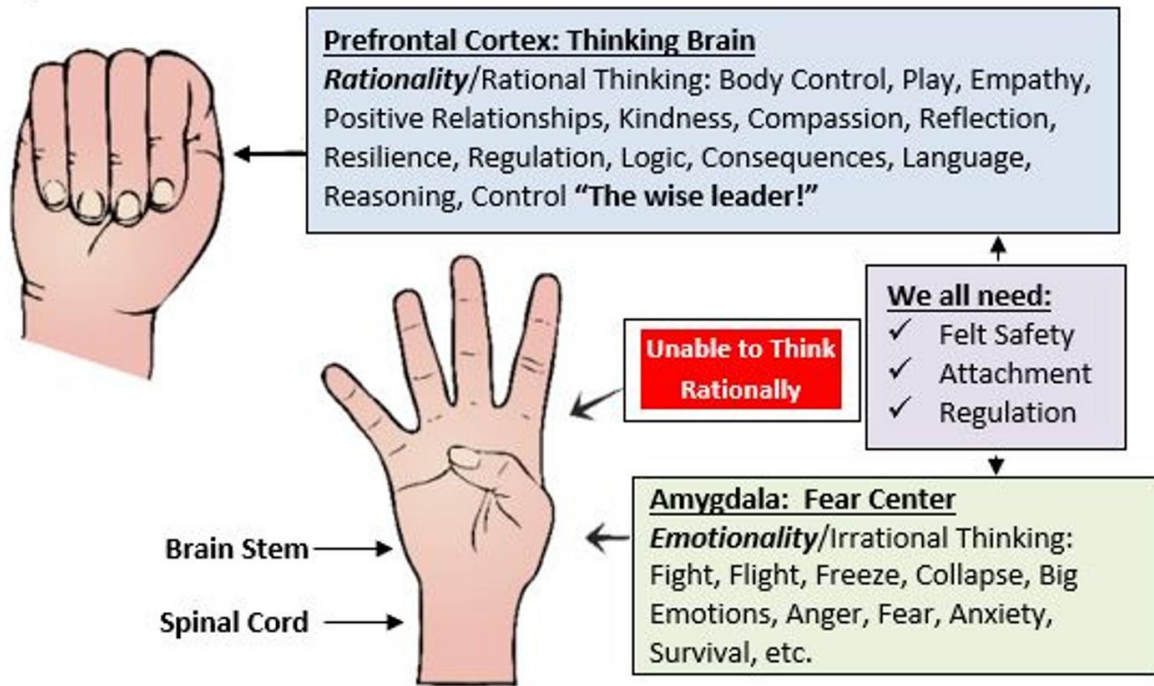


Dan Siegel's Hand Brain Model



Credit: Daniel Siegel, M.D. is the creator of this metaphor and expression "Fist and Hand". Copyright © 2014 www.danielisrael.com

The Amygdala sends waves to the Hypothalamus (command center) which activates the Autonomic Nervous System:

- ✓ Sympathetic (fight, flight, freeze, collapse)
- ✓ Parasympathetic (rest & digest)

- Overtiredness
- Stomach discomfort: diarrhea, constipation
- Headaches and muscle aches: abdominal and back pains
- Sleeping disturbance
- Appetite and eating changes

Physical reactions

- Anxiety
- Frustration
- Guilt
- Mood swings
- Undue pessimism or optimism
- Irritability
- Crying spells
- Nightmares
- Apathy
- Depression

Emotional reactions

- Forgetfulness
- Poor concentration
- Poor job performance
- Loss of creativity and motivation
- Negative self-talk
- Paranoid thoughts

Mental/Cognitive reactions

- Feeling isolated
- Resentful or intolerant of others
- Loneliness
- Marriage problems
- Social withdrawal
- Anti-social behaviour

Interpersonal/Relational reactions

- Increased alcohol, drug and/or tobacco use
- Change sexual behaviour
- Increase in risky behaviour
- Hyperactivity
- Avoidance of situations
- Cynical attitudes

Behavioral reactions

- Feeling of emptiness
- Doubt in religious beliefs
- Loss of purpose of life
- Needing to prove self-worth
- Cynicism about life

Collapse of belief systems