

Your Brain Dominance helps to distinguish some of your 'basic' habits or states of mind you tend to gravitate to.

Ideally we should use the 'whole brain' providing a balance between your left and right hemispheres. Between the 2 sides is a 'gateway' called the corpus callosum (a bundle of 200-300 million nerve fibers) which shuts down or reduces activity with stress.

### Tendencies of the Two Sides of the Brain

#### Right

- Controls left side of the body
- Arranges things haphazardly
- Explains by demonstrating
- Elaborates when telling events
- Organizes randomly
- Starts without waiting for directions
- Responds to tactile directions
- Openly responsive emotionally
- Enjoys making others laugh
- Inaccurately estimates time
- Keeps trying new approaches
- Improvises to complete a task
- Driven by natural curiosity
- Eager to show others what is going on

#### Left

- Controls right side of the body
- Puts things in order
- Uses language to explain
- Tells events how they heard them
- Organizes with systems
- Listens for directions
- Responds to auditory direction
- Reserved in emotional responses
- Laughs when others laugh
- Accurately estimates time
- Some actions are repetitive
- Needs all pieces or parts to finish task
- Expectations are of utmost importance
- Seeks approval when task is done

Our brain is impacted by the four enemies of learning:

1. Threats (real or imaginary)
2. Excessive Stress
3. Anxiety
4. Learned helplessness

Your 'whole brain' works easily and efficiently when there is little or no stress in your day to day life. Anger is a major stressor.

5 minutes of anger stays in your body for 6 hours. This brain / body stress – means you stay in your dominant brain, so learning becomes more difficult. Mental competence depends on our brain 'functioning' effectively. This requires the prefrontal lobes (where executive functioning resides) to help with focus, decision making and clarity to take projects from beginning to middle to completion.

Eliminate mental stress today! Call Sue for a session to clear mental stress away!