



How to Overcome Amygdala Hijacking

1. If you keep your frontal lobes in charge of thinking and your emotions, you will be a person with self-control.

Count Down:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 thing you can taste

2. Breathe Deeply: Count to 5 while you inhale through your nose, hold for 3, exhale back out through your nose for 6. Using any 3 different numbers causes your frontal lobes to get back in control.

3. 6-Second Rule: One way to prevent amygdala hijacking is to use the 6-second rule. Waiting for just six seconds causes the brain chemicals that cause amygdala hijacking to diffuse away.

4. Focusing on a pleasant image helps to prevent your amygdala from taking control and causing an emotional over-reaction.

5. Use nature - a quick walk outside while taking in nature calms the brain. Green spaces and near water (lakes and beaches) are good places for the brain!

6. Change Your Brain: Over time, you can change the way your brain responds to emotional triggers, preventing the amygdala hijacking response. To rewire your brain in this way, think carefully about the triggering situation after you tame your emotional reaction. Identify the trigger and determine a more appropriate response to use next time. Your amygdala learns from past experiences, allowing you to change the way in which you react to a similar situation in the future.

Online Resource: <https://gozen.com/resilience/>