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THE EMOTIONAL BRAIN

Our Two Brains

- ▣ *Rational:*
- ▣ Ineffectual
- ▣ “Cold”
- ▣ For “less intense” situations
- ▣ Your “head”
- ▣ Neo cortex based
- ▣ In balance with your emotional brain

- ▣ *Emotional:*
- ▣ Effectual
- ▣ “Warm”
- ▣ For intense situations
- ▣ Your “heart”
- ▣ Brain stem based
- ▣ In balance with your rational brain

The Emotional Brain

- ▣ Emotions:
 - Species survival mechanism
 - Lead to action
 - Impulsive
 - Overwhelm reason
 - Potential to harm self
 - Potential to harm others

Emotions

- ▣ Anger
 - Adrenaline
- ▣ Fear
 - Blood to legs
 - Body “freezing”
- ▣ Happiness
 - Increased available energy
 - Improves recovery
- ▣ Love
 - Parasympathetic
 - Calmness
- ▣ Surprise
 - Larger visual sweep
- ▣ Disgust
 - Nostrils “closing”
- ▣ Sadness
 - Drop in energy

Emotional Hijacking

- Can be distressing:
 - “Losing it”
- Can be explosive but not harmful:
 - Extreme joy
- Amygdala and the Hippocampus → Cortex → Neocortex.
 - The amygdala is the hijacking “master”
 - It has a “memory” feature
 - The hippocampus is more of memory of context

Summary

- ▣ Emotions make us human.
- ▣ Emotions can be strong motivators for actions.
- ▣ Adequate management of emotions is a key to success in our current society.

END