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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