**Katrina hand brain**

SPEAKER 1: Can you tell me about the parts.

SPEAKER 2: So this is the amygdala. This is like your feelings, your thumb. And this is your cortex. This are your fingers that protect your feelings. Now this is how the rhyme goes when you are feeling stressed. Every now and then I lift my lid. I didn't mean to, but I just did. But it's OK. I tuck my feelings in. After all, flipping my lid is no sin.

SPEAKER 1: Very nice. When might you say something like that to yourself?

SPEAKER 2: When I feel stress or when I-- or when I-- when I-- have to relax and calm down.