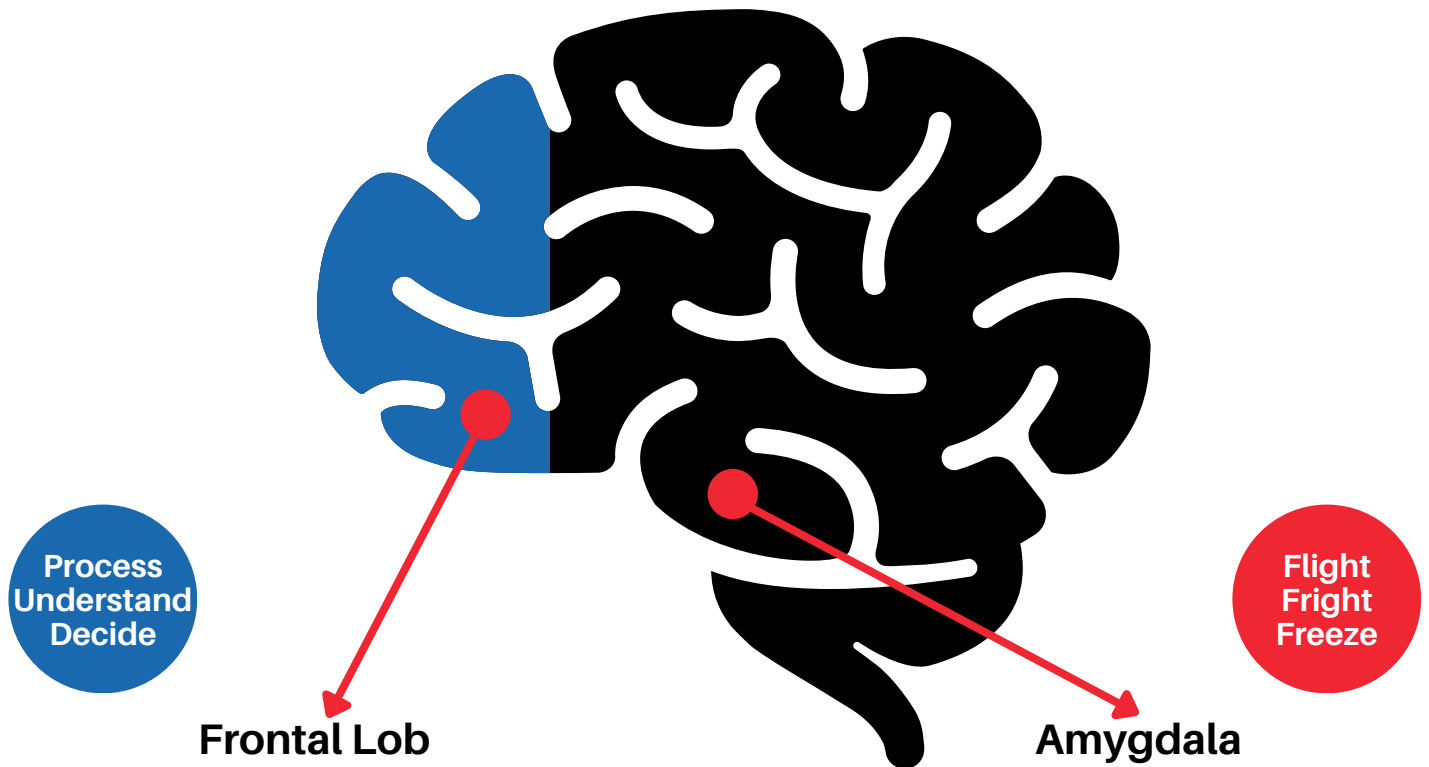


# COVID-19

## Why Fear was the Message?



- Area of the brain that regulates emotions, makes decisions and solves problems
- When properly engaged, actions and behaviours are logical and well-planned
- Thinker sees the short and long term consequences of their actions

- When triggered, it overrides the frontal lob to react quickly to danger
- Meant as a short term survival mechanism, not a long term state of being
- This lack of “thought” can be harmful

Quiet your amygdala and reengage your frontal lob  
by watching the  
National Citizens Inquiry testimonies



[NationalCitizensInquiry.ca/commissioners-report/](https://NationalCitizensInquiry.ca/commissioners-report/)