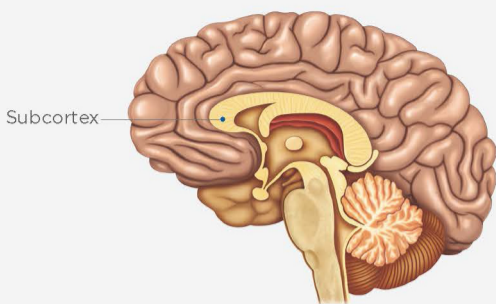


Parts of the Brain



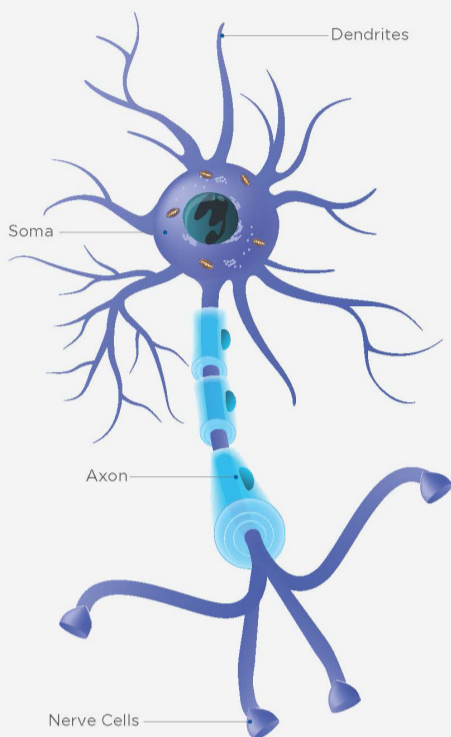
Cortex

- Means “bark of a tree”
- The conscious information processing system
- The primary region where brain health occurs



Subcortex

- Lies under the cortex
- Helps us with procedures, habits and subconscious processing



Neurons

- Brain cells—we have trillions of them.
- Each has a cell body called a soma and a long arm called an axon.
- At the end of each brain cell are dendrites, finger-like projections that help to pull information from the world into the neuron.

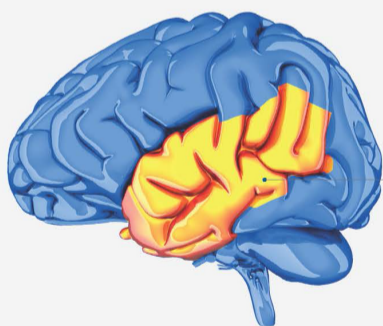
Dendrites

- Forming connections between dendrites is the basis for good brain health. Dendrites form as a result of “**novel and complex**” information going into the brain.
- Increased cellular connections formed by a brain health lifestyle help to develop **brain resilience**. Imagine a brain that looks like a jungle.



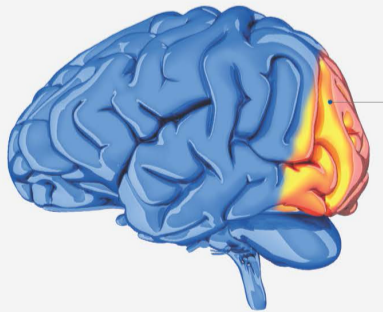
Frontal Lobes

- The largest part of the cortex or conscious part of the brain.
- They help us with many functions such as execution of behavior, planning, problem-solving, creativity and control of impulses to name a few.
- This is the seat of your personality.



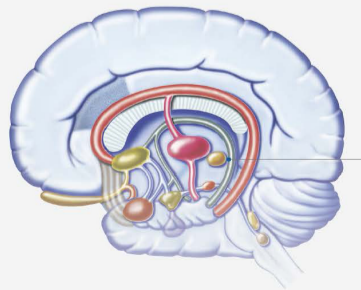
Temporal Lobes

- Sit under your temples.
- Critical for new learning, processing what you hear, smell.
- The site of the **hippocampus**—a critical structure for new learning.



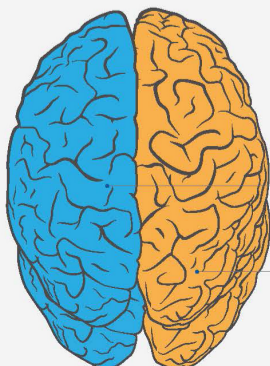
Occipital Lobes

- Sit in the back of the cortex.
- The “**visual**” brain, where we see and perceive the world including facial recognition.



Limbic System

- Sits deep in the brain.
- Responsible for emotions.
- We must balance this part of the brain with the “**thinking**” part of the brain.



Hemispheres

- Two sides of the brain.
- Left side is more focused on language and analytical skills.
- Right side is more creative and unstructured.