



# Grief and your **BRAIN**

Rewiring & Refiring of our Neuropathways...

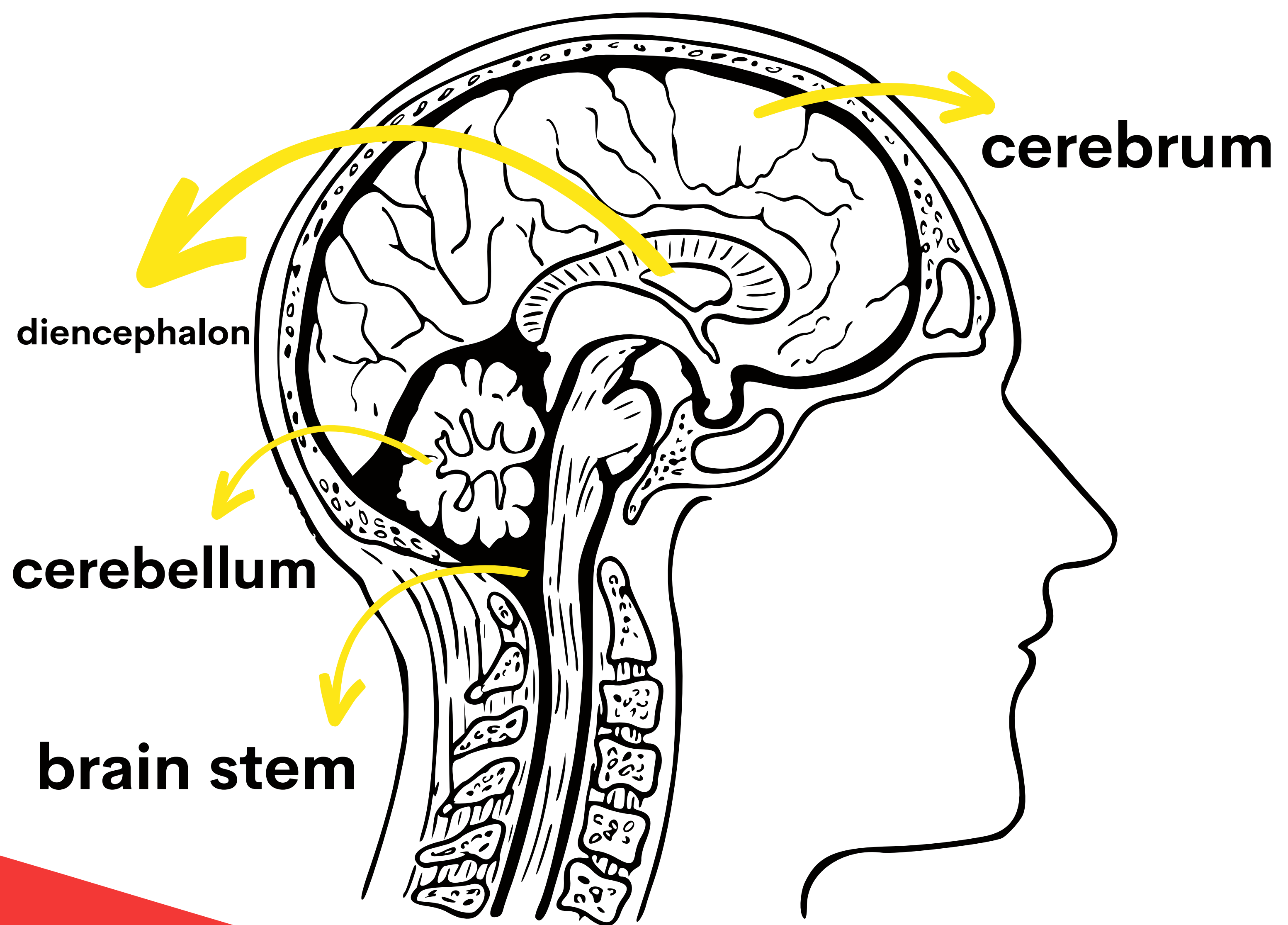
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by:

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WOMAN UNCHAINED & RECLAIM, LLC

# THE HUMAN BRAIN REGIONS



# WHEN WE EXPERIENCE GRIEF (OR ANY TRAUMATIC EXPERIENCE,) IT CAN BE A CHALLENGING AND CONFUSING TIME.

This is because grief can affect different parts of our brain.

*including...*

**prefrontal  
cortex**

**amygdala**

**hippocampus**



# prefrontal cortex

The ***prefrontal cortex*** is responsible for *decision-making, planning, and problem-solving*. During grief (or any traumatic experience), this part of the brain can become less active, which can make it harder to *think clearly and make decisions*.



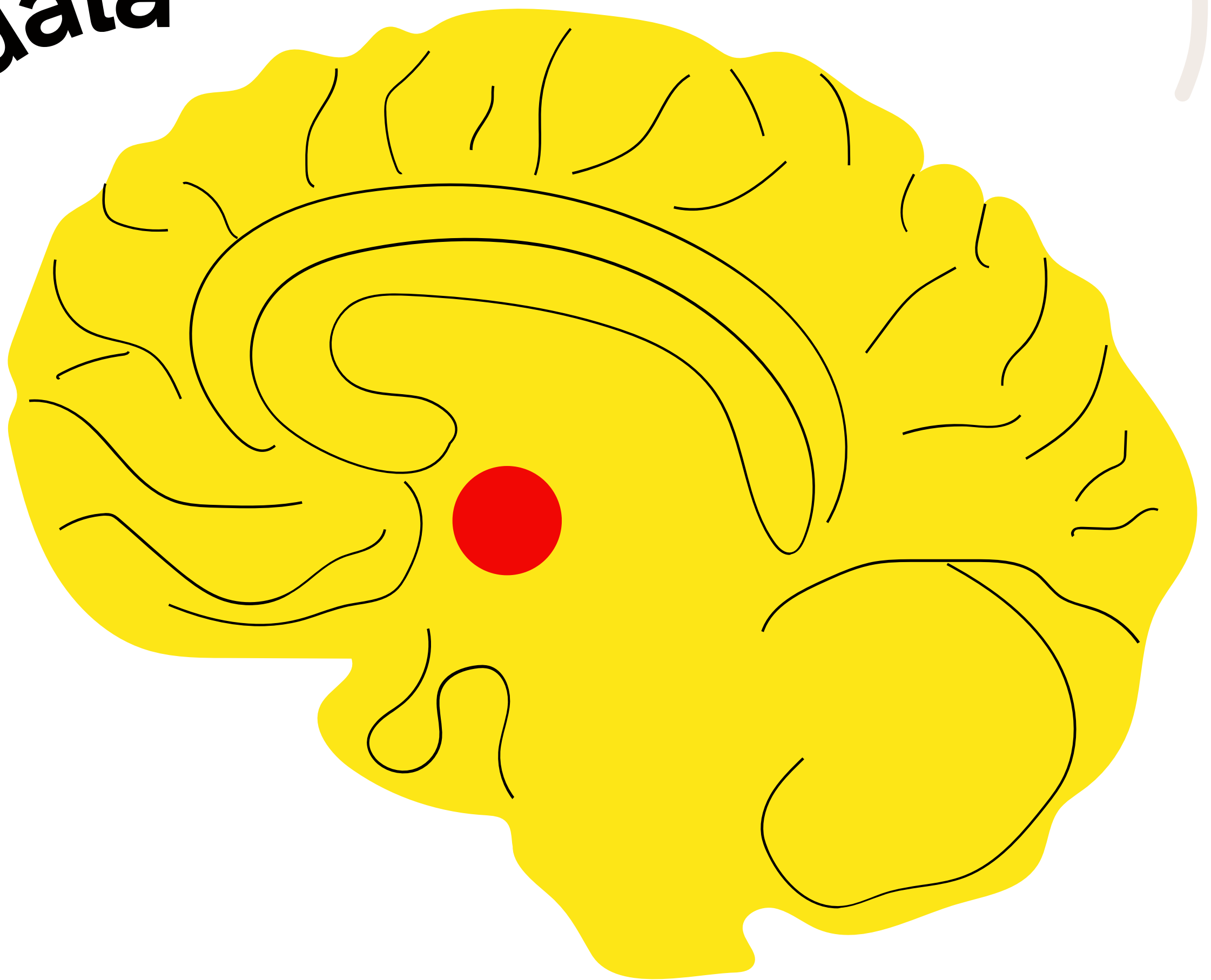
*For example, you might have trouble deciding what to eat for dinner or what to wear in the morning or just difficulty and delay in making decisions, period.*

**the "personality center"**

# amygdala

The ***amygdala*** is responsible for **regulating emotions**, including *fear and anxiety*. During grief, this part of the brain can become *more active*, which can make us feel *more anxious, scared, or worried* than usual.

amygdala



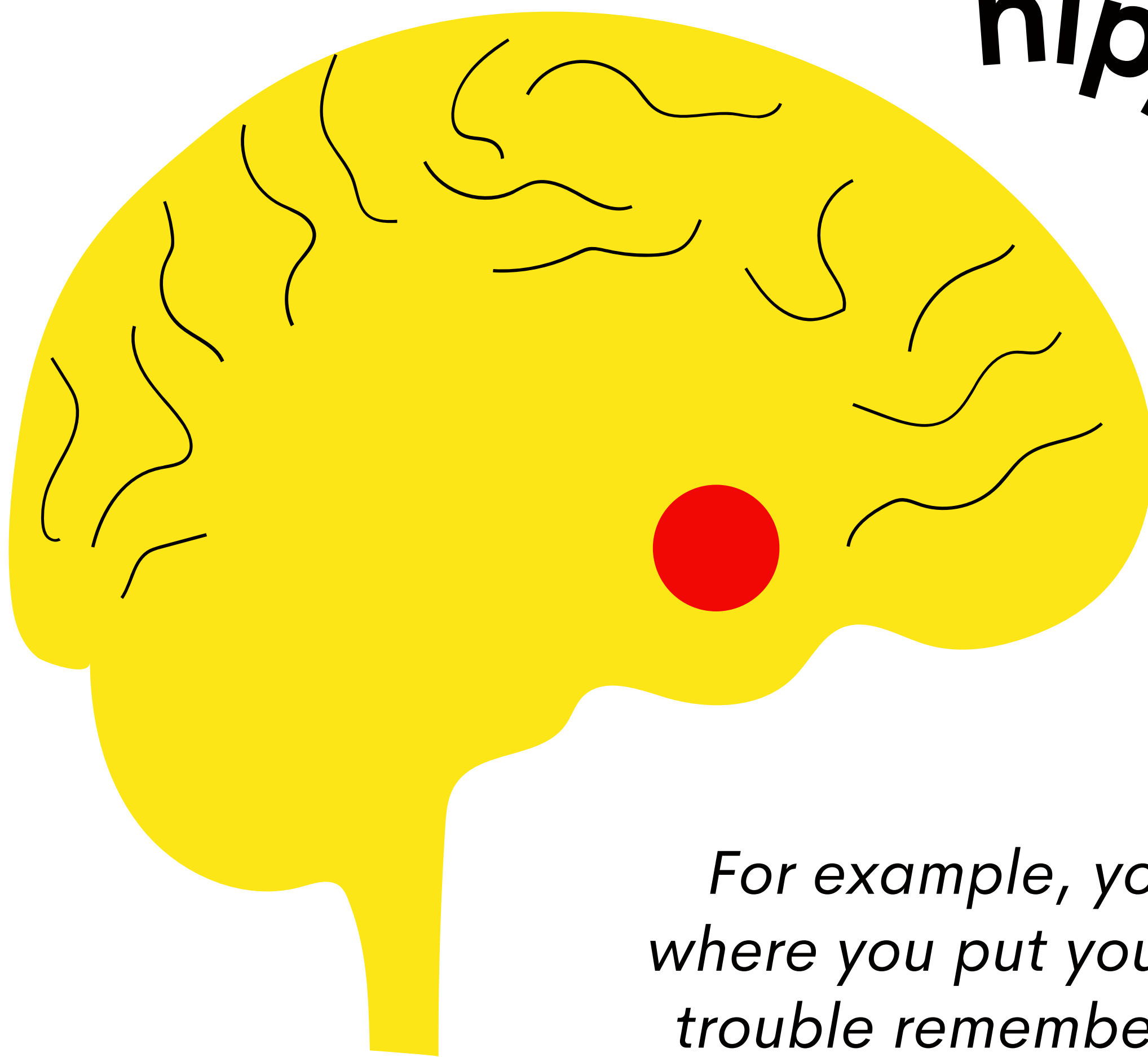
*For example, you might feel more on edge, anxious or fearful when you're in a new or unfamiliar situation.*

**the “fight, flight or freeze”**



# hippocampus

The *hippocampus* is responsible for **memory and learning**. During grief (or any traumatic experience), this part of the brain can be affected, which can make it harder to *remember things or recall important details*.

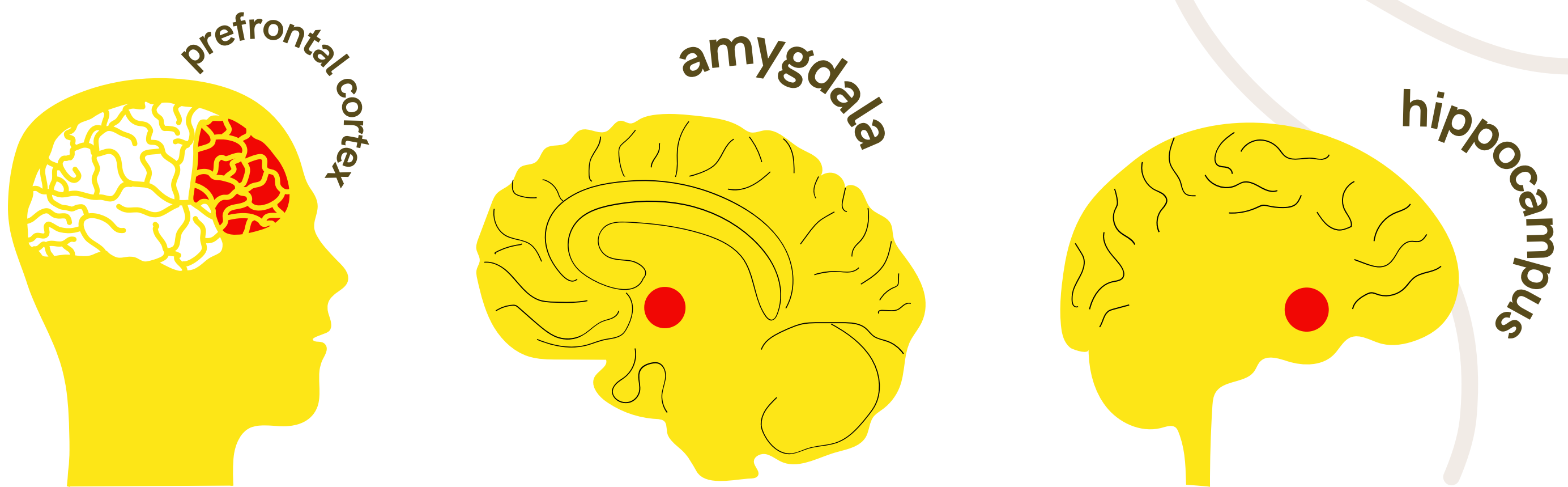


hippocampus

*For example, you might forget where you put your keys or have trouble remembering important dates or events or end up putting ice-cream in the pantry and can spaphetti in the freezer -- it's happended to me more times that I can count.*

**the "sea-horse"**

These changes in the brain can contribute to feelings of **confusion and overwhelm** during the grieving process.



However, to support our healing process, it is important to engage in **activities that promote brain health and resilience**, e.g., exercise, healthy eating, reading, puzzles, mindful meditation, and **engaging in activities that bring you joy and fulfillment** and *help support brain function while it heals and adapts.*



**Seeking support** from loved ones, therapy, or support groups can also be helpful for processing emotions and receiving support.



Overall, while **grief or other traumatic life experience can impact different parts of our brain** and contribute to feelings of confusion and overwhelm, it's important to remember that **healing is possible** and that we can find ways to **support our brain** and **well-being** during the grieving process.



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