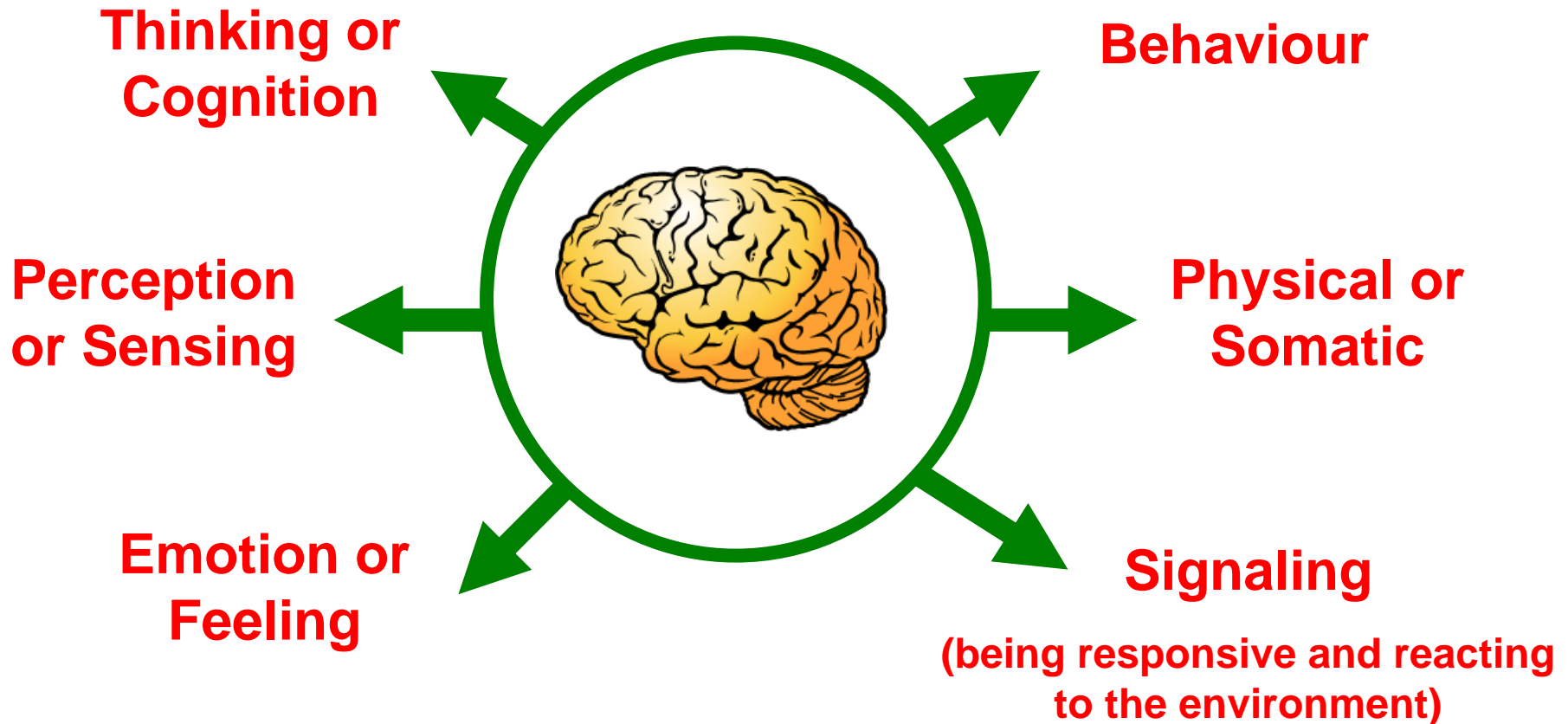




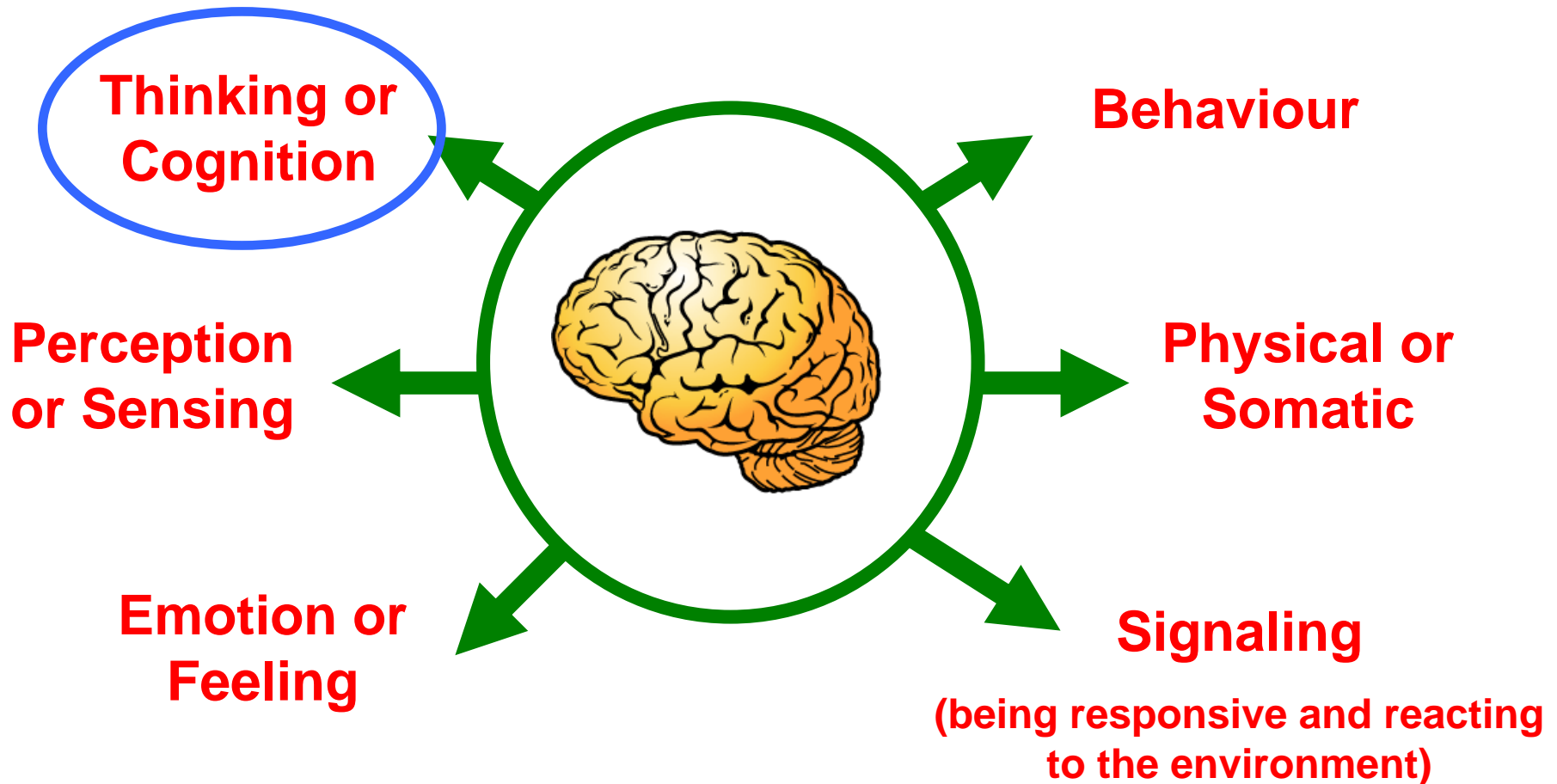
Sun Life Financial Chair In Adolescent Mental Health

Functions of the Brain

○ Functions of the Brain

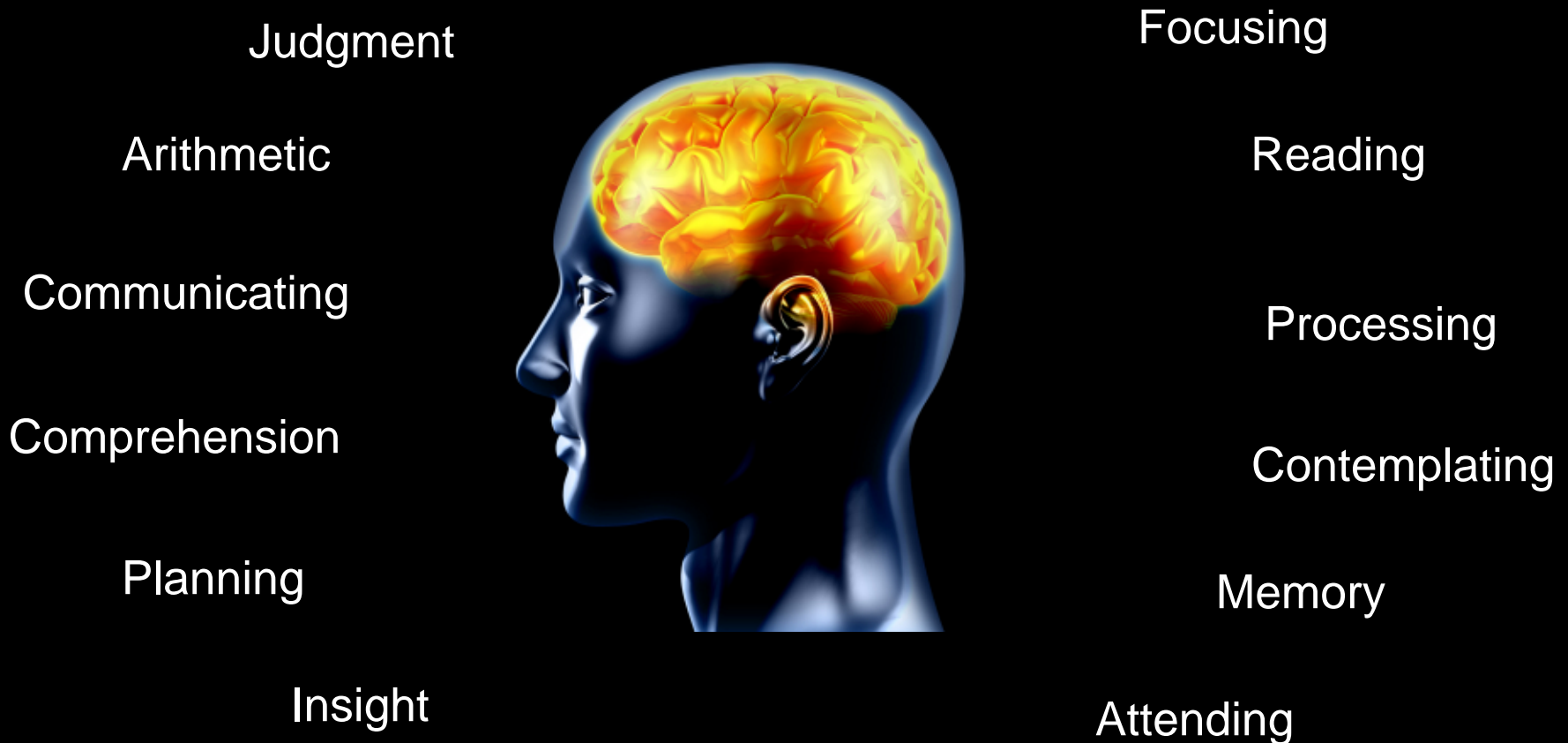


○ Functions of the Brain

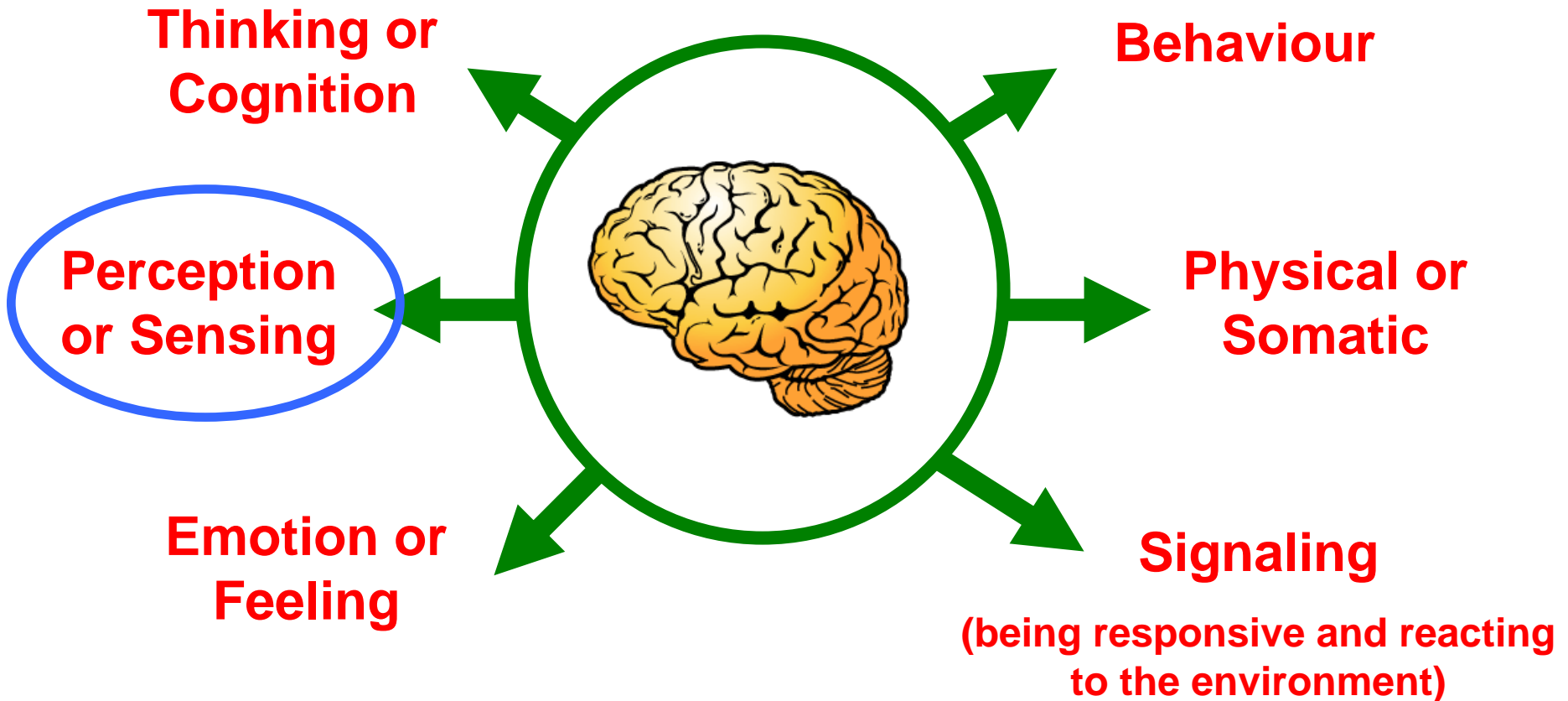


◎ What is thinking or cognition?

Thinking (or cognition) includes all of our internal mental processes and functions



○ Functions of the Brain



○ What is perception?

Perception is the ability to use our five senses to:

Touch

See

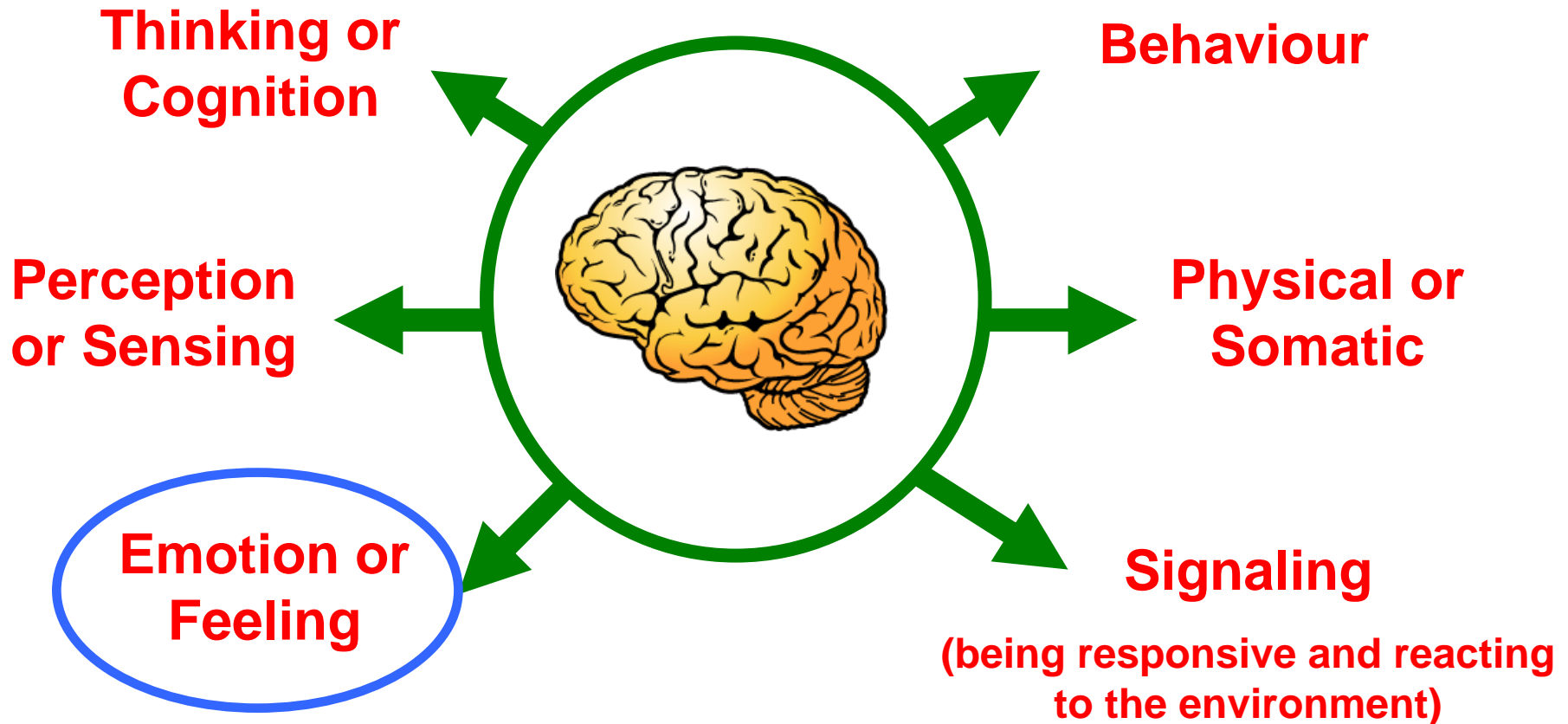
Hear

Smell

Taste



○ Functions of the Brain



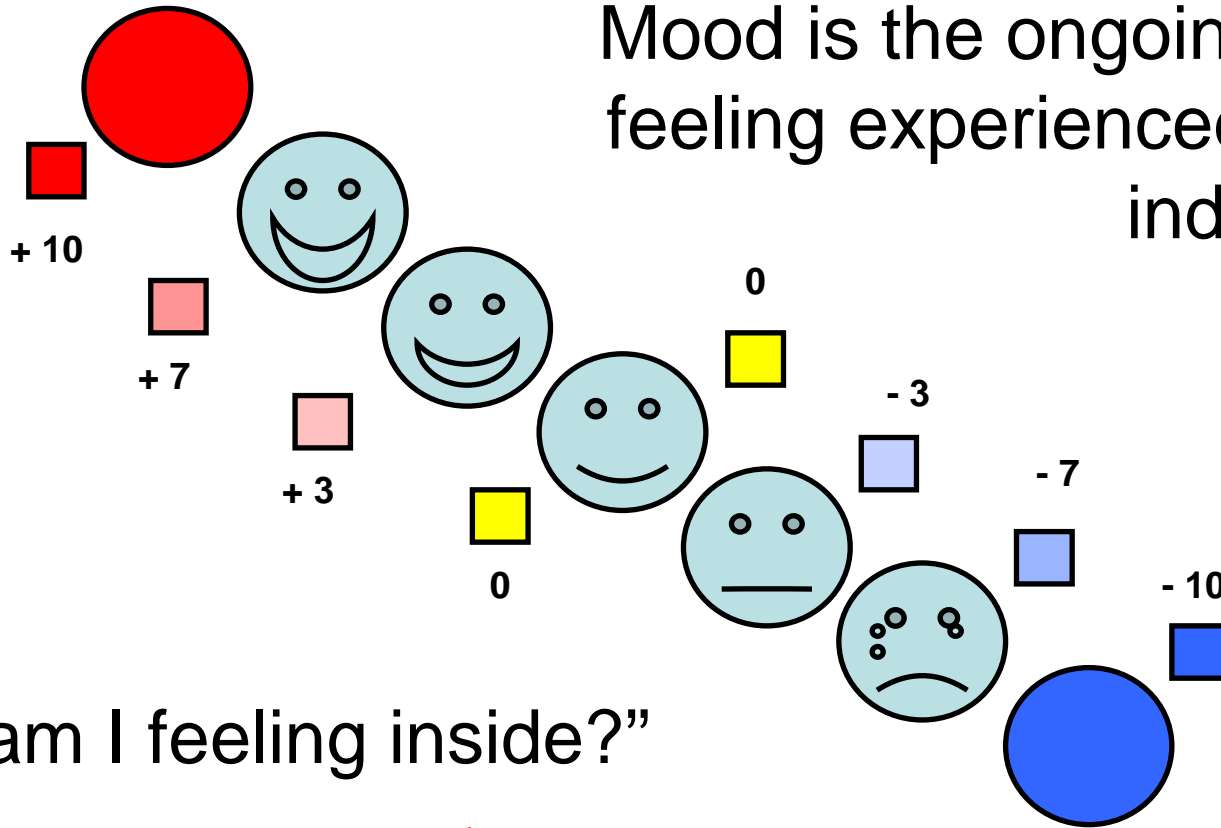
○ What is emotion?

- Emotion is the ability to experience feelings and to express those feelings to others.

<input type="checkbox"/> Happy	<input type="checkbox"/> Sad	<input type="checkbox"/> Anxious
<input type="checkbox"/> Excited	<input type="checkbox"/> Depressed	<input type="checkbox"/> Worried
<input type="checkbox"/> Calm	<input type="checkbox"/> Guilty	<input type="checkbox"/> Fearful
<input type="checkbox"/> Peaceful	<input type="checkbox"/> Ashamed	<input type="checkbox"/> Nervous
<input type="checkbox"/> Content	<input type="checkbox"/> Angry	<input type="checkbox"/> Panicky
<input type="checkbox"/> Serene	<input type="checkbox"/> Irritated	<input type="checkbox"/> Inferior
<input type="checkbox"/> Joyful	<input type="checkbox"/> Annoyed	<input type="checkbox"/> Inadequate
<input type="checkbox"/> Pleased	<input type="checkbox"/> Resentful	<input type="checkbox"/> Lonely
<input type="checkbox"/> Carefree	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Discouraged

What is mood?

Mood is the ongoing inner feeling experienced by an individual.

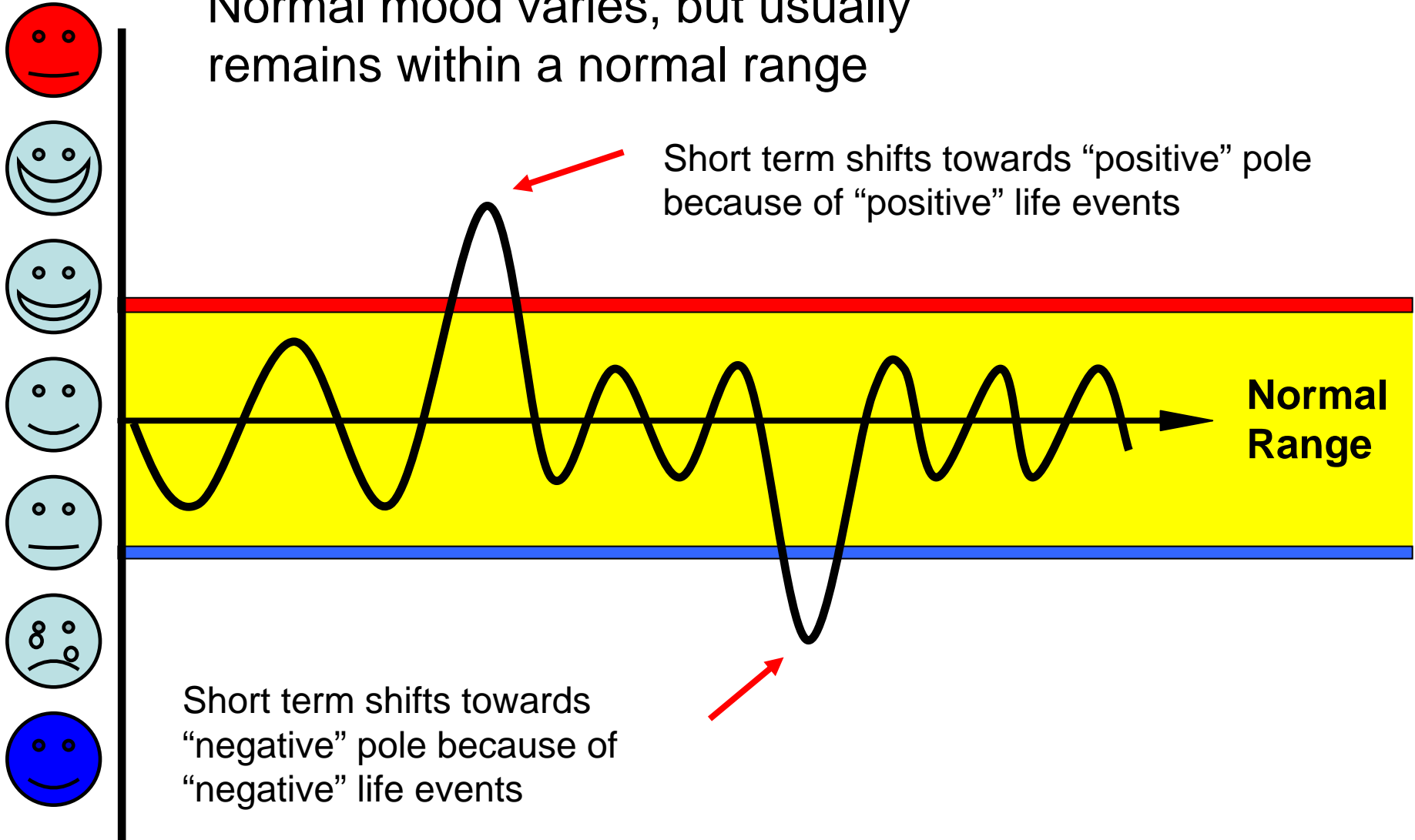


“How am I feeling inside?”

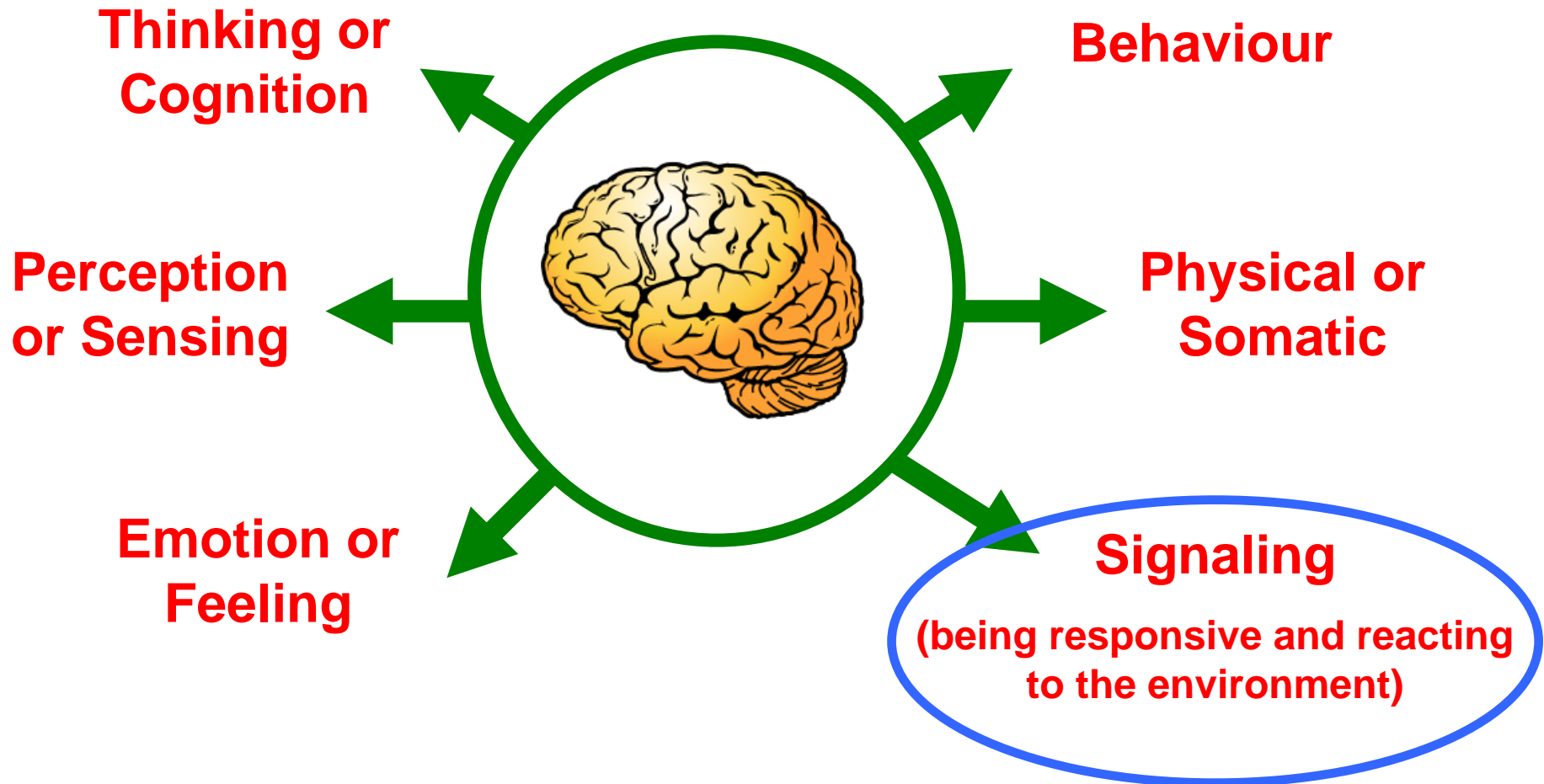
SAD **HAPPY** **ANGRY**

What is “normal” mood?

Normal mood varies, but usually remains within a normal range



○ Functions of the Brain



● What is signaling?

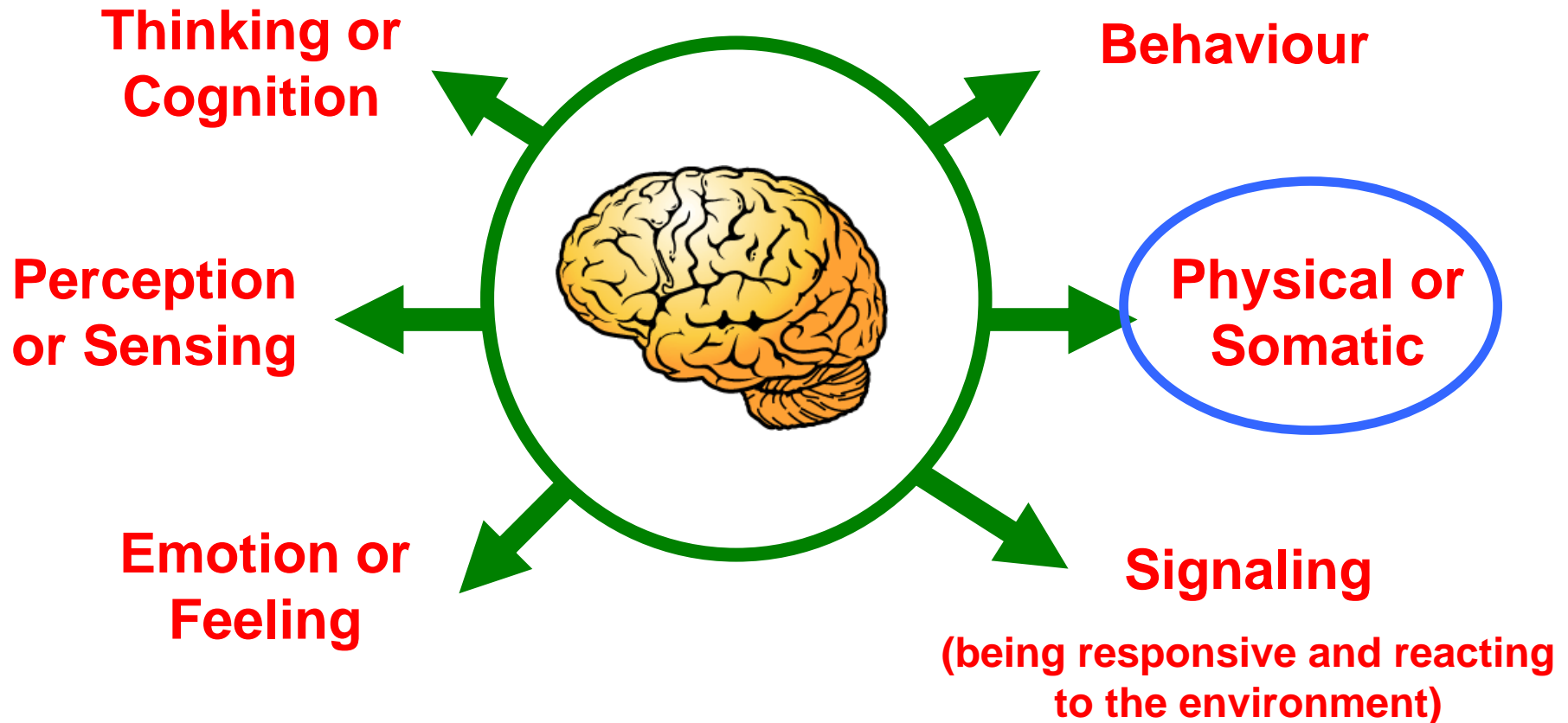
- When we perceive a danger in the environment, internal signals alert the brain.
- The brain then registers danger...
- ...and initiates a series of events.
- These events prepare us to fight or to flee for safety and protection.



↑ heart rate ↑ perception
↑ alertness ↑ tension



○ Functions of the Brain



What are the physical functions?

Many physical functions are under the control of the brain.

Circulatory System

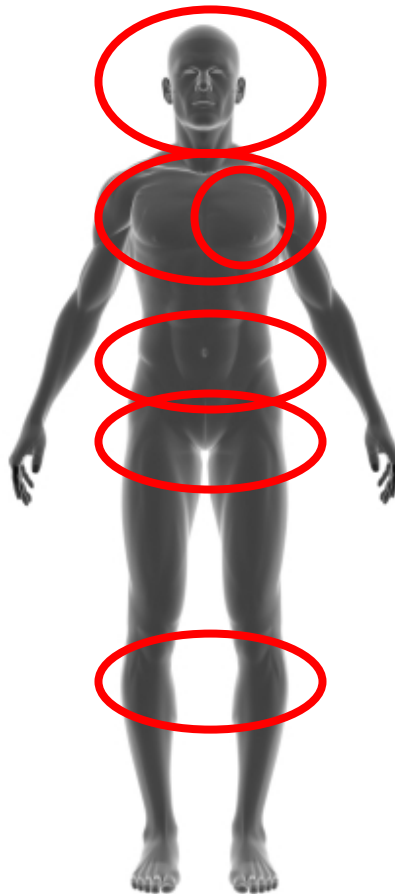
Nervous System

Respiratory System

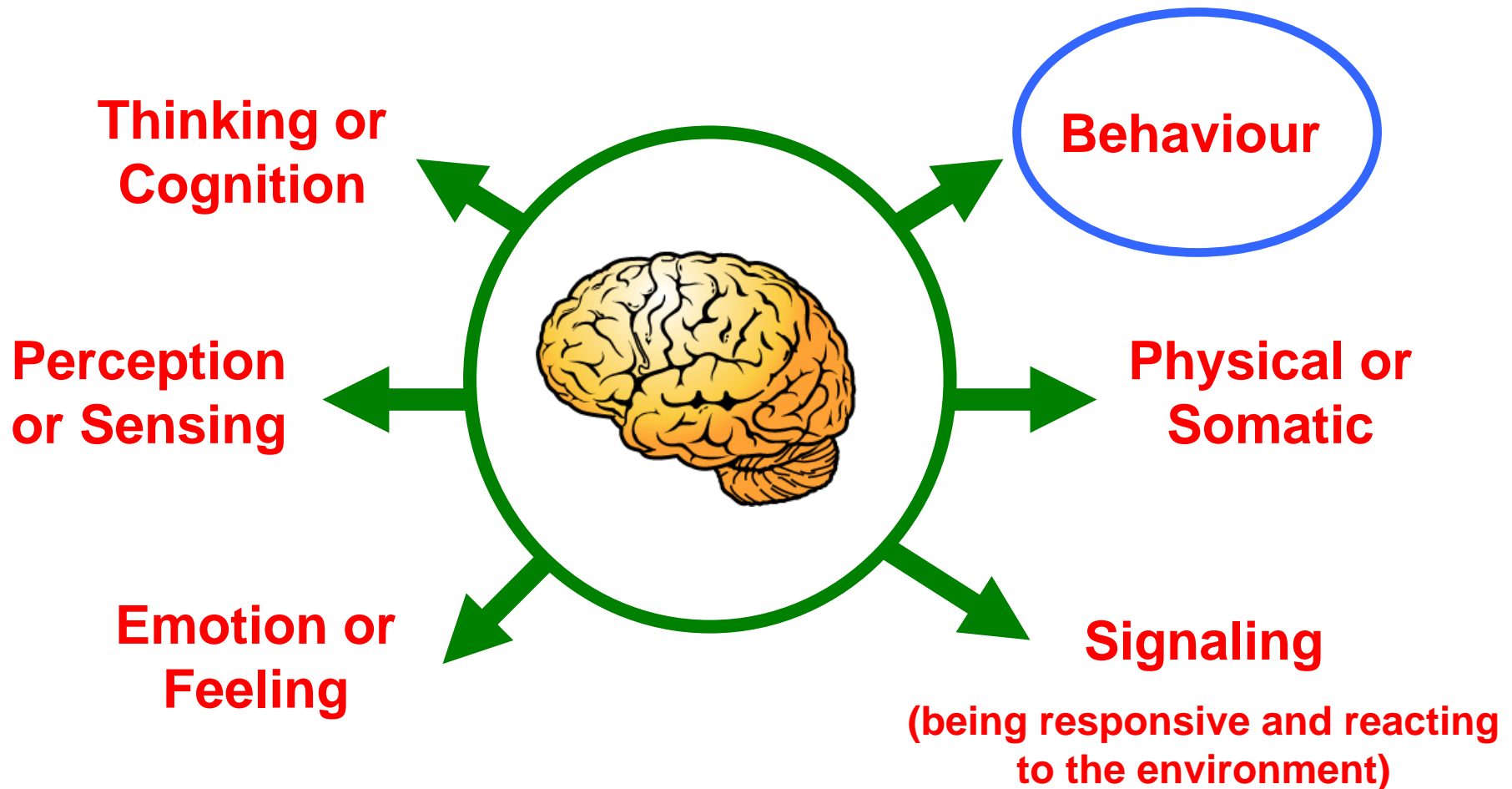
Digestive System

Musculoskeletal System

Genitourinary System

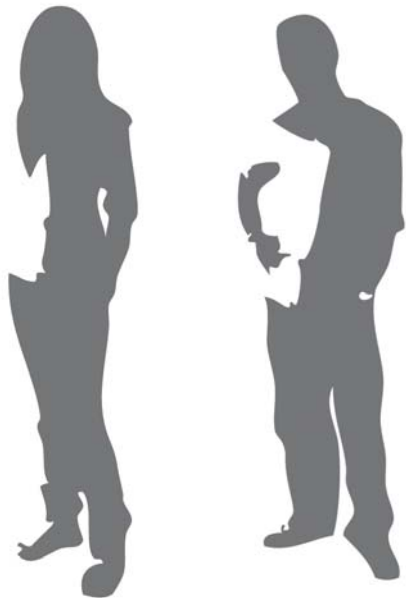


○ Functions of the Brain



○ What are the behavioural functions?

All of our behaviours are the result of our brains!



Sitting

Talking

Joking

Running

Listening

Playing

Walking

Working

Reading



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