

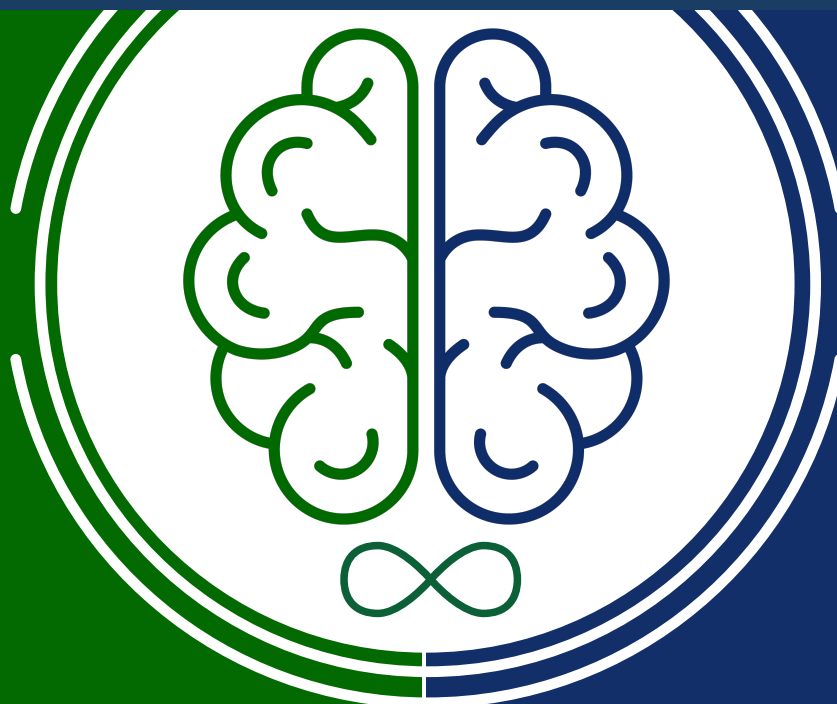


Integrate your Brain

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Left Brain
Language based

Right Brain
Behavior based



It is directly involved in language processing, including speaking, reading, writing, and understanding language.



It receives sensory input from the left side of the body and processes it.

Notice what you say to you about you

Notice how your body feels

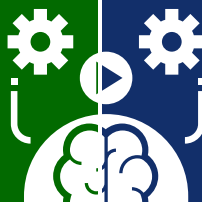


Your language will tell you what think about about that person



Your Intuition will let you understand you first

Noticing your internal language will consciously connect you to your behavior



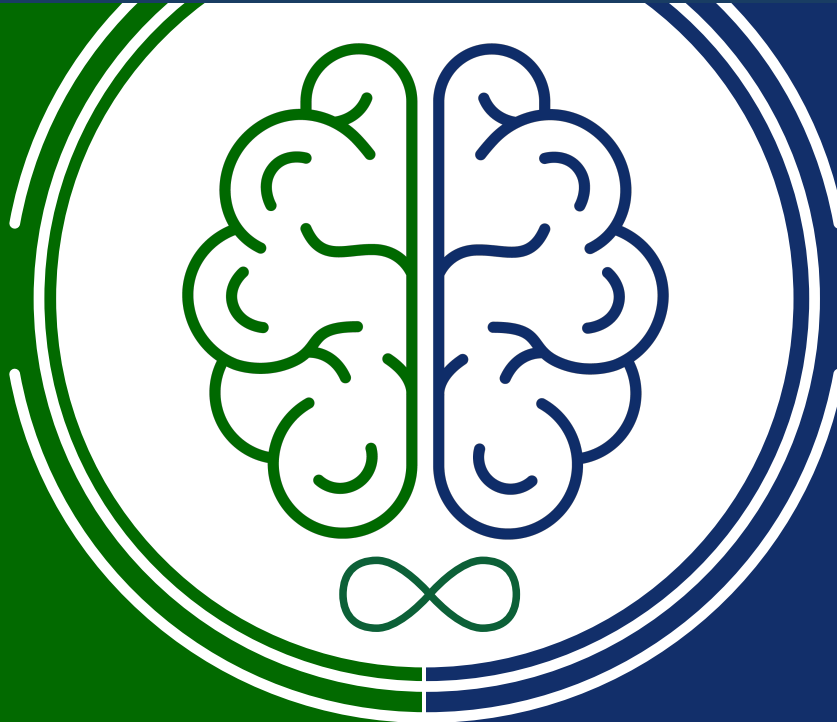
Integrating language and how your body feels will support emotional regulation and well-being



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Pivot negative thinking by asking
are these thoughts “Helpful?” or
“Hurtful?”



Place one hand over your
forehead and gently massage as
you ask yourself, “Is this way of
thinking helpful?”



Use your language to visualize
yourself calm



Cross arms and legs and compress
them tightly, then release them
and shake it like jelly.

Think how the different parts of
your brain are working to help you
be present and not create scenarios



Your Intuition will let you
understand you first

Use your internal language to
say things like “I am breathing
in, I know I am breathing in”
“I am breathing out, I know I
am breathing out.”



Integrating language and how our
body feels will support emotional
regulation and well-being