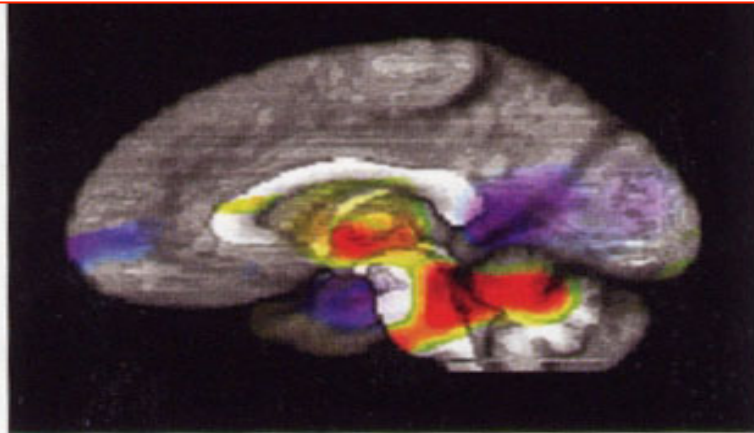
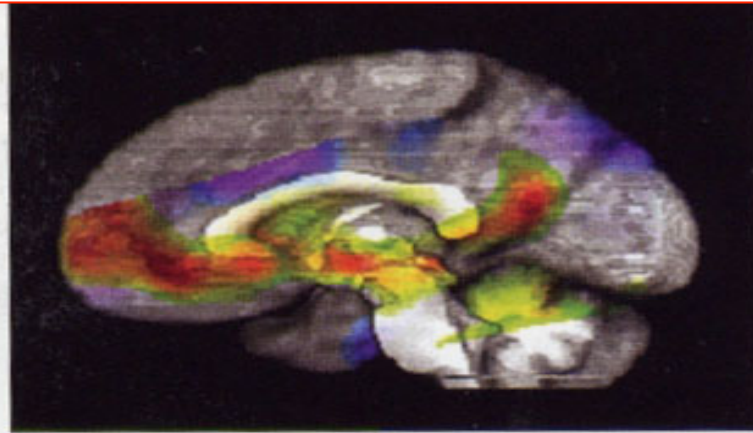


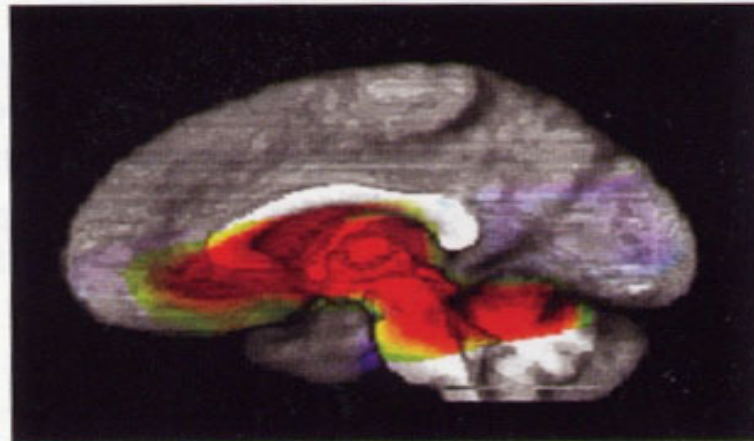
Stressed out children functioning like threatened animals - **unable to learn, attend, concentrate, enjoy friendships, play, problem solve.**
(Scan - Damasio 2001 in Restak The Secret Life of the Brain)



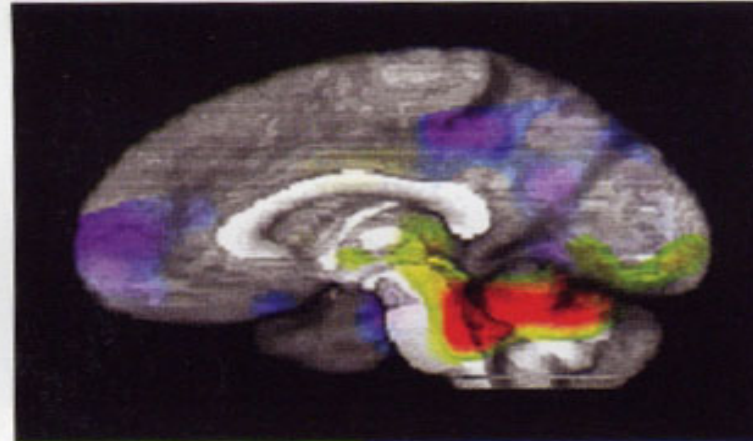
Anger



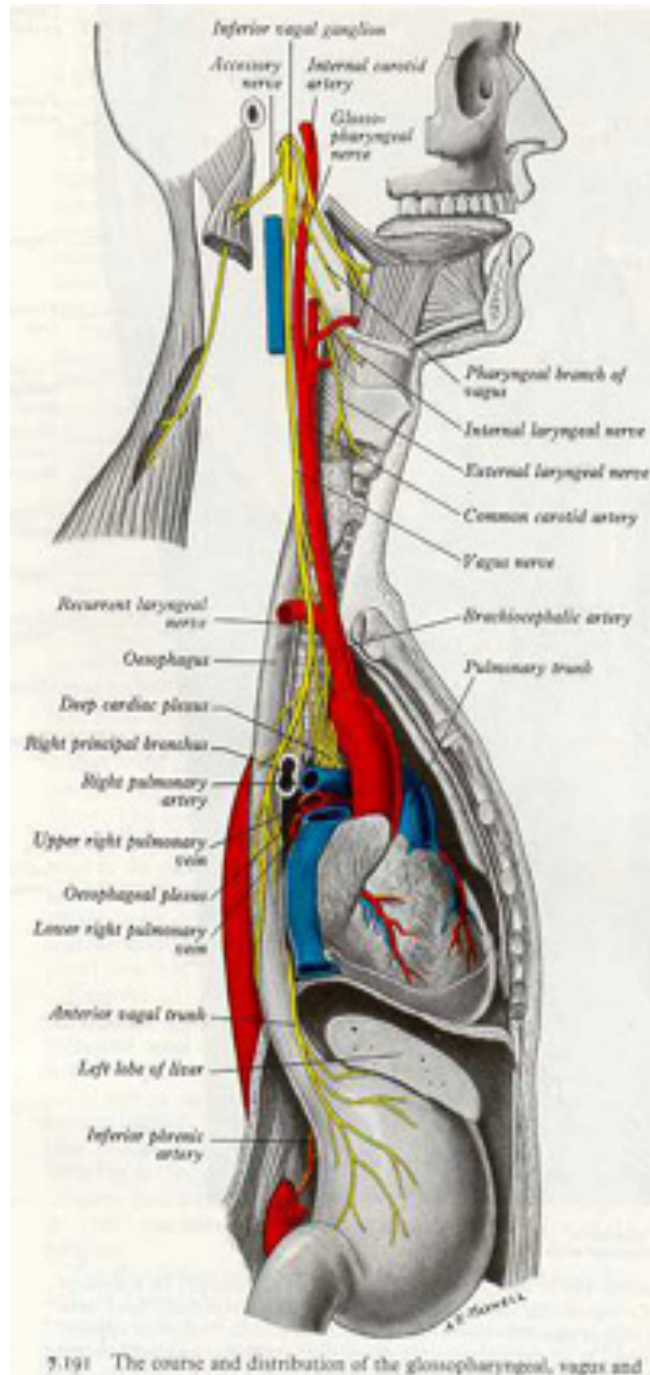
Happiness



Sadness



Fear



7.191 The course and distribution of the glossopharyngeal, vagus and

**Empathic listening
leads to good vagal
tone**

**Children/ Teenagers,
better able:**

To learn

To use life well

To concentrate

To enjoy relationships

To be kind to others

Gottman, J, Katz, L, Hoover, C (1996) Parental Meta-Emotion Philosophy and the Emotional Life of Families: Theoretical Models and Preliminary Data. Journal of Family Psychology 1996, Vol. 10, No. 3, 243-268