

## Answers to BRAIN WORKS for KIDS QUIZ

### How Does our Brain Deal with Stressful Experiences?

Hint: You can find more about many of answer words by going to the website feature [DEFINITIONS](#) page at [www.copingskills4kids.net](http://www.copingskills4kids.net)

1. **Language**, our neocortex “thinking brain” special ability to put feelings, fear and upsets into words gives us the special ability to get over stressful and upsetting experiences.
2. **Blood flow** in our brain is tracked by the “brain imaging” equipment such as the functional MRI scan, which shows what areas of our brain are activated while we’re conscious and responding to people or doing activities.
3. **The neocortex**, our “figuring out brain,” may sometimes try to reduce stress by shutting down both our awareness of *both negative and positive feelings*. This can make us say to other people, when we’re really upset, “I don’t care!” Of course we still have hurt feelings, but the thinking brain doesn’t know how to cope with them.
4. **Instinctive impulses** come from our *reptilian* coping brain **to protect our self** when we feel we’re in “danger.” These primitive signals can be so frightening that they sometimes over-rule our “thinking brain” (neocortex). That’s why we need to learn coping skills to keep from being afraid when we’re upset or stressed.
5. **By learning and practicing coping skills** we can more easily get over being angry, sad or upset. This means we are better able to control how we feel, and don’t stay mad, hold onto grudges or our “emotional wounds” to “get even”.
6. **RESILIENCE** is the 10-letter word that describes what happens when people use coping skills to “bounce back” and get over daily stress more easily.
7. **Coping skills take lots of effort.** Just like lifting weights, when we learn and keep repeating healthy coping practices to get over stress, we become stronger *each time we use these skills in real life situations!*
8. **We learn coping skills in many ways.** By observing others we might copy them as a way to deal with our own upsets and stress. We also learn both good and bad coping from *TV and movies; video games; parents; brothers and sisters; friends; and from classmates, teachers and counselors at school.*

Of course, you now have the free website, [www.copingskills4kids.net](http://www.copingskills4kids.net), to help you learn much more about how to use your Coping Brain.