**Building stress resilience in early adolescents’ lives (BReal)**

**SEND alternative glossary**

**Amygdala:** part of the limbic system in the brain; it tells us that there is a threat or danger.

**Dopamine:** a ("happy") chemical in our brain that is tells us when something good happens that we did not expect.

**Growth Mindset:** a way of thinking about mistakes that says mistakes help us learn.

**Fixed Mindset:** a way of thinking about mistakes that says mistakes mean we will never be good at something.

**Homeostasis:** the balance of our body's functions e.g. not too hot, not too cold.

**Limbic system:** part of the brain that cares about how we feel.

**Prefrontal cortex:** part of the brain that helps us learn and also keeps the limbic system calm to control stress.

**Stress:** the feeling of being overwhelmed or not able to deal with problems.

**Stressor**: Anything that pushes the body's function out of balance e.g. getting too hot or cold can put a person's life in danger.

**Stress bucket:** a way of imagining the amount of stress in someone's life, where the stress has come from (stressors) and the different ways to deal with stress (taps).

**Resilience:** to be able to change your behaviour to deal with stressors and problems.

**Striatum:** a region of the brain that helps people learn. Dopamine is found here.

**Yerkes-Dodson effect:** the idea thatpeople need just the right amount of stress to do their best.

