



Meet Myg

Video Script



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Remember Mr. Mouse? Remember what he does?

He seeks things that are comfy, and avoids things that are uncomfy.

Avoiding uncomfy things is so important to Mr. Mouse that he has a part of his brain specifically designed to look for threats: it's called **the amygdala**.

Amygdala means "little almond" because it actually looks like a little almond in the brain. We'll call it **Myg!**

Myg is like the brain's **alarm system**. Myg's job is to keep a lookout for things that seem threatening. Just like a smoke detector goes off when it senses the threat of a fire, Myg sounds an emotional alarm in the brain when something feels scary and uncomfy.

When Myg gets alarmed, we call it a **Myg Moment**.

If a snake came along, Mr. Mouse would have a Myg Moment. His pupils would dilate, his heartbeat would quicken, and his brain would look for a way to avoid the danger.

Mr. Mouse's Myg Moment leads to one or more avoiding reactions: **fight, flight, or freeze**.

The goal of fight, flight, or freeze is that the scary thing just goes away and leaves him alone.

Myg sends the fight, flight, or freeze action message through the rest of Mr. Mouse's nervous system, telling his body to *do it!*