

Senses and Their Effects on the Brain

Senses

- ▶ What we see, hear, feel, taste, and smell send signals to the brain.
- ▶ Our senses can cause the release of oxytocin or cortisol.
- ▶ A sound, smell, sight, sensation, or taste can trigger instinct or memories that result in pleasure, fear, joy, or anger.



Senses and Memory



- ▶ The senses are all linked to the hippocampus - our memory.
- ▶ When a positive memory is triggered, the brain releases oxytocin.
- ▶ When a negative memory is triggered, the brain releases cortisol.
- ▶ Sensory signals can trigger memories which can cause a chemical release in the brain.

Sensory Stations

- ▶ Sound
- ▶ https://www.youtube.com/watch?v=SBjQ9tuuTJQ&list=PL_MH8gOS_ETiNT1NF8B46JYHZe6fXWfVW
- ▶ <https://www.youtube.com/watch?v=Eo9qB-vqSiQ>
- ▶ <https://www.youtube.com/watch?v=d7LXXSOrYoU>
- ▶ <https://www.youtube.com/watch?v=2ZC3rM2Y8jQ>