BOARD GAMES & BRAINS

FREE!

Issue 1: SORE LOSERS AND THE AMYGDALA

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THE SITUATION:

Someone at the table makes a huge stink whenever they lose.

No one likes it, and now everyone is on edge.

WHAT'S HAPPENING?

Your brain has a small but mighty part called the AMYGDALA (uh-mig-duh-luh).

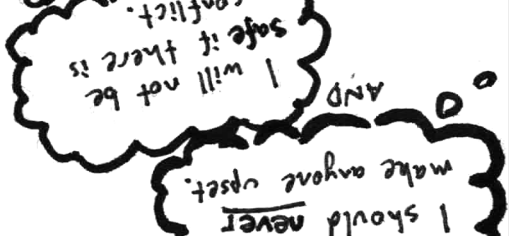
The amygdala's #1 job is to **KEEP YOU SAFE**, and it does this by constantly scanning for threats.

When it sees one — **WHAM!** — it throws the fire alarm.

If you're a **non-rager** player who feels stunned into silence, your brain might be telling you to

FREEZE!

(somewhere raging can be pretty scary!)



are thoughts that might contribute.

SOME IDEAS if you FREEZE:

1. Take a deep breath.
2. Try saying ~~something~~ no matter how small.

(you can say something while feeling fear!)

3. Talk to your friends for support and a group game plan.
4. Build communication and boundary skills (a subject for another zine!)

CHANGE IS POSSIBLE.

If you see yourself in this zine and want to change, **I can help!**

I'm **Spencer Wharton**, a Salem-based therapist (and board gamer), and my practice is PRISM COUNSELING. Check me out! oh god I'm out of space already okay, bye!

LEARN MORE:

SOME IDEAS if you FIGHT:

* it's a fire extinguisher!

1. Take a deep breath. (Rarely a bad idea!)
2. Practice noticing your inner voice when you're not winning.

3. Lose more <u>on purpose</u> — and deliberately practice handling it differently. Build the skill!

Again, there's so much more here, but I have such little space!

If you are the **RAGER**, your brain, sensing a threat, prolly wants you to

FIGHT!!

Why?

I'M AFRAID THAT:

(anything come to mind?)