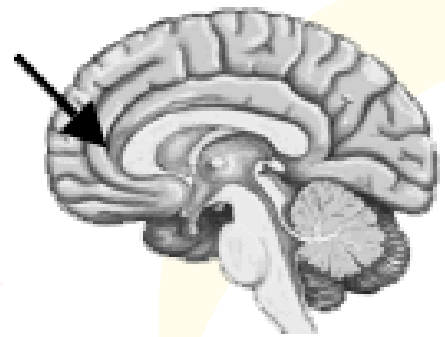


Anterior Cingulate Gyrus (ACG) Cheat Sheet

The cingulate is the brain's gear shifter. It runs lengthwise through the deep parts of the frontal lobes and allows us to shift our attention and be flexible and adaptable and to change when needed.

- The ACG allows you to shift directions when the State hands down new curriculum requirements.
- A healthy ACG helps everyone at school go with the flow so you have less stress.
- The ACG helps teachers and students shift their attention from one class to the next throughout the school day.
- Your ACG helps you see options when faced with obstacles.



When the ACG is high in activity, often due to low levels of the neurotransmitter serotonin, people often struggle with:

Trouble shifting their attention
Get stuck on negative thoughts or actions
Tendency to worry
Hold grudges against loved ones/coworkers
Argumentative with family members

Oppose new ideas/strategies at work
Obsessive thoughts
Compulsive behaviors
Compulsive overeating

Having high ACG activity may have some positive traits, such as:

Very focused
Stay on track
Goal-oriented
Predictable

Very organized
Can be a great accountant or number-cruncher

Some medical conditions associated with high ACG activity include:

Obsessive compulsive disorder
Anxiety disorders, get stuck on negative thoughts
PMS

Eating Disorders, such as compulsive overeating
Chronic pain
Post-traumatic stress disorder

