

The erratic Amygdala

Revealing The Quirky Side Of Our Brain

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Wait, did I just hear a bark? Oh no, not today. We're taking the long way to school, even if it means missing the first period. Once bitten, twice shy, right? Honestly, why tempt fate when you've got me around to keep you safe? Trust me on this one. And what's this? She's winning again? Ten to zero? There's no way anyone scores that high without some divine intervention. Ugh, I hate tennis! (Cue dramatic racket toss and my dignified storm-off because that's how I roll under pressure). Fast forward to a kitchen showdown. The soda can refuses to budge. Who designed these things, a bodybuilder? Slam. Storm off. Repeat. You'd think I'd learn some patience, but hey, that's really not

even my department. Hello, I'm Amygdala, the 'mother hen' of your brain's inner circle. I reside in a bustling sorority with my sisters - Thalamustine (the gossip queen), Cerebrumeta (the smarty pants), and Hippocamprela (the nostalgia junkie). Together, we manage your unpredictable life, but let's face it, I'm the star of the show. My main gig? Protecting you from emotional and physical threats, sometimes even when they're imagined. Think of me as your built-in radar for danger. Whether it's dodging a stray dog or steering clear of that shady alley, I've got your back. Being the guardian of emotions is no walk in the park. I'm on call 24/7, keeping you safe, sound, and maybe just a little paranoid. Remember the time you ig-



convincing you that every shadow in your room is a monster, but hey, I err on the side of caution. Mother Gothel had it right when she said, "Amygdala knows best." Now, let's address the elephant in the room: my legendary 'hijacks.' Under stress, I take over, transforming you into a whirlwind of emotion. Ever thrown a game board across the room after losing? Yeah, that was me. Ever felt your heart race, palms sweat, and stomach churn before a big exam? Also me. You're welcome. But don't get me wrong, my hijacks aren't meant to embarrass you (well, not always). They're my way of saying, "Hey, pay attention! This matters!" Without me, life would be a series of dull, emotionless events. Imagine calmly losing a game, what's the fun in that? I'm not just a guardian, I'm a celebrity. Agust D, the South Korean rapper, even wrote a song inspired by me. (No autographs, please.) My role in your emotional life is so iconic that people can't help but talk about me.

So, while my methods may seem a little extreme, they come from a place of care. I protect, guide, and yes, sometimes over-react, but wouldn't you rather have me around than face life's chaos alone?

Yours (sometimes too) protectively,
Amygdala

nored me and touched that hot pan? Burnt hand. Or when you insisted on trying sushi despite my protests? Food poisoning. I mean, do you ever listen? Sure, my warnings can be over-the-top like

Coffee chronicles

Unravelling The Stimulating Charm Of Your Favourite Brew

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For many, coffee is an essential part of daily life. This beloved beverage fuels our energy, helping us face life's challenges and navigate through the sluggish-days. Coffee has long been a cornerstone of numerous cultures, and as its popularity grows, its

importance continues to rise. The stimulating effects, social benefits, and economic impact of coffee highlight its value in our lives.

Firstly, coffee is an excellent stimulant, enhancing brain and nervous system activity. It keeps us awake, alert, and energised, supporting productivity, combating fatigue, boosting focus and motivation. Did you know coffee lowers the risk of Parkinson's disease, heart disease, and even cleans the liver? Research shows that coffee can improve cognitive performance, response time, and even reduce the risk of conditions like depression.

Beyond its stimulating effects, coffee fosters meaningful social connections. Coffee shops and cafes have become the most

popular gathering places for people to meet, socialise, or relax with friends. It creates a warm, welcoming atmosphere that brings together individuals from diverse backgrounds, forging strong relationships and lasting friendships.

Finally, the economic importance of coffee is undeniable. The coffee industry sustains millions of jobs globally and is a vital income source for many nations, especially those that rely on coffee bean production and exports.

In conclusion, coffee is more than just a beverage - it's an energiser, a social connector, and a key player in the global economy. Its impact on the modern lives is profound, making it an indispensable part of our daily routines.



WORDS VERSE



Touch of serenity

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The embracing sun shyly rises
With the dazzling bright light
Making it a peaceful delight
With the tranquility that resides

It clears the steps laid behind
With my feet cosily inside
I feel relief from my disguise
It's wonderful nature, I see

Curing wounds that seem deep
Moving sand gives glee feeling
And sways melodious waves
Like they are heaven's grace

The solemn wind comes to me
Brings the soft sigh of relief
With every little wave of sea
It's the serenity that fills in me.