

5 FACTS ABOUT THE FRONTAL LOBE

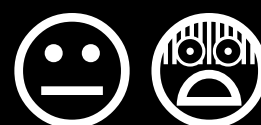
The frontal lobe is often associated with what “makes us human”. It's involved in cognitive processes such as reasoning, learning, creativity, attention and controlling muscles used for movement and speech. It also helps us make memories, and learn to regulate emotions and behavior

CONTROLS OUR EMOTIONS



The frontal lobe plays a role in regulating emotions in interpersonal relationships and social situations. These include positive (happiness, gratitude, satisfaction) as well as negative (anger, jealousy, pain, sadness) emotions.

People with damage to the prefrontal cortex of the frontal lobe area face difficulty in controlling the emotions of anger and aggression.

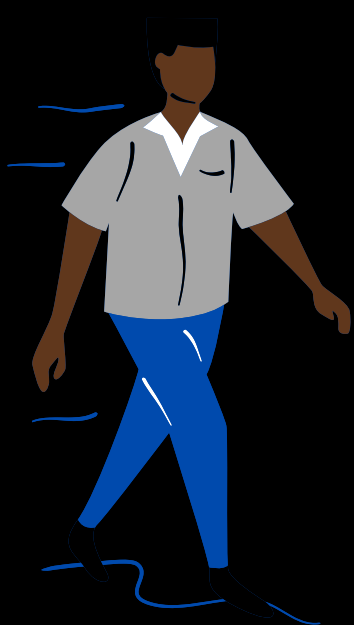


HELPS UNDERSTAND LANGUAGES

Broca's area, a region in the frontal lobe, helps put thoughts into words. Damage to this area can undermine the ability to speak, to understand language, or to produce speech that makes sense.

HELPS WITH CREATIVITY

Concepts from cognitive neuroscience strongly suggest that the prefrontal cortex (PFC) plays a crucial role in the cognitive functions necessary for creative thinking.



CONTROLS OUR MUSCLES

The primary motor cortex of the frontal lobes is involved with voluntary movement. It has nerve connections with the spinal cord, which enable this brain area to control muscle movements.

This cortical region helps to determine the specific direction of a movement.

MAKE US FOCUS

the prefrontal cortex directs focus capability by filtering important information and moving it up the ladder for deeper processing while suppressing interruptions from irrelevant bits and pieces

