

# Functions of the Limbic System

Sets the Emotional Tone of the Mind

Filters Events through Your Internal State:

- Sets the Emotional Tone for how you (emotionally) perceive events.

Builder for Emotionally Charge Memories:

- Memories with a strong or significant Emotional Experience
- Storage in Neo-Cortex areas (neuronal connections)

Tagging Events with respect to How (emotionally) significant they are to us

Modulation of Your Sense of Motivation

Balancing of Your Sense of Libido

Your Cycles of (restful) Sleep and (balanced) Appetite

Plays a Key Role in How You “Connect” with Other People (fellow students, instructors, etc.) and also in Your Bonding in Relationships

An old evolutionary throwback: the sense of smell