

Functions of the Basal Ganglia

Integration of Your Feelings and Movements:

Example: movements you apply on the steering wheel when you drive a car

Control and Smooth Function of Fine Motor Movements:

Examples: writing with a pen; typing on a keyboard, playing the piano, etc.

Suppression of Unwarranted Behaviors or Speech:

Example: the sense of knowing of what is appropriate to say or do in situations

“Thermostat” of Your Body’s Idle Speed or Anxiety level:

Example: The sense of being very relaxed or highly stressed

Modulation of Your Motivation:

Example: The sense of being energetic and wanting to do things versus not being in the mood to do things

Mediation of Pleasure and Ecstasy

Example: the sense of balance between your everyday tasks & Duties and Pleasure & Ecstasy