



Body Budget

The primary job of the brain is to keep the body budget in balance. This is called allostasis. The brain gathers information from the body and tries to balance this information with the requirements the body needs to survive. Examples might be balancing your glucose levels (sugars in your bloodstream), how much sleep you get, proper nutrition, etc.

The brain does this by anticipating the needs and making predictions based on the information from the body, the outside world and past experiences. There are some things we can consciously do to help the brain make the best predictions it can and that's by taking good care of our bodies through enough rest, physical exercise and proper nutrition. When our budget gets out of balance, it can affect the predictions made by our brain and sometimes, these predictions affect our emotions. If your body budget isn't balanced, you might lose your temper with a friend or family member about something little that might not typically bother you.