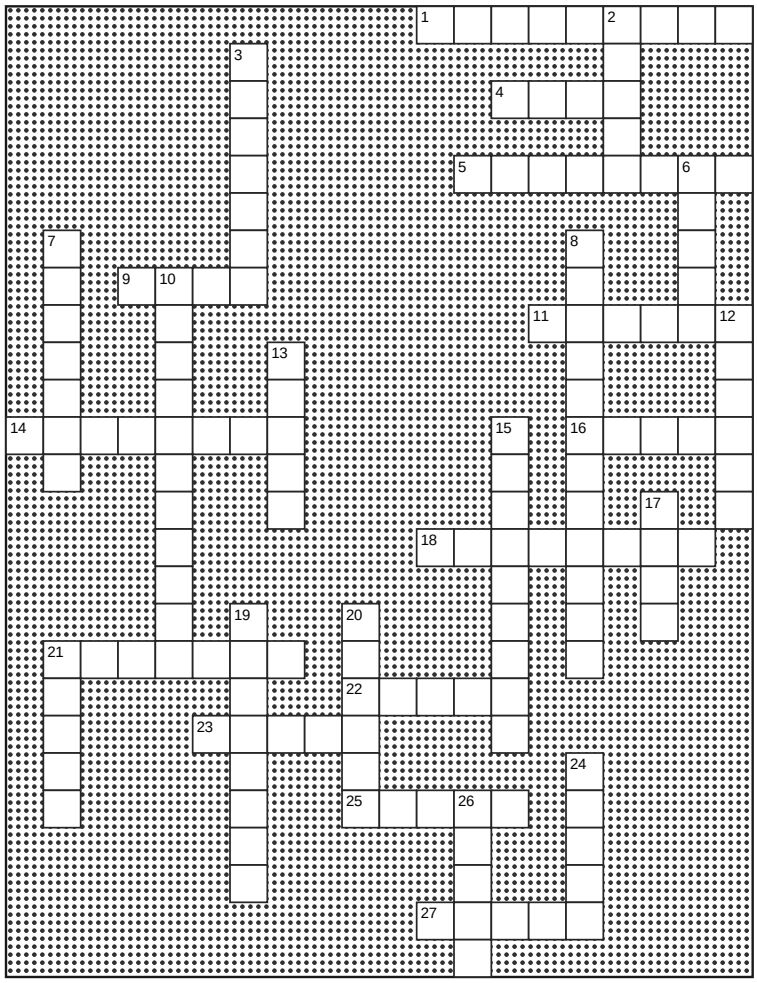
Salience, Arousal, and Feedback Loops



Across

1. What
you direct toward one thing rather than another.

4. An
unpleasant sensation that can demand attention.

5. The
brain's VIP list of what matters.

9. Time away from activity to recover.

11. A lessening of discomfort.

14. An
event that you did not expect.

16. Ready to notice or respond.

18. When demands feel greater than you can manage.

21. A regular way in which something happens again.

22. To
respond to something you've noticed.

23. Sound that insists on joining every conversation.

25. To move attention from one thing to another.

27. A
setting with little sound.

Down

2. How muscles may feel when you're highly alert.

3. Surrounding conditions that influence an experience.

6. A
pattern that repeats.

7. Mental or physical tiredness.

8. A cycle where each response influences the next.

10. The
surroundings in which an activity takes place.

12. To select some information while setting other input aside.

13. A brief stop during a demanding activity.

15. How
strong a sound, feeling or sensation is.

17. To
make a task less demanding.

19. Something
treated as more important than other demands.

20. The
body's response to demands or threats.

21. A deliberate moment to stop when demands pile
up.

24. Something bright that may draw your attention.

26. The
direction of your attention.

Word bank

ALERT | ATTENTION | BREAK | CONTEXT | CYCLE | EASE | ENVIRONMENT | FATIGUE | FEEDBACKLOOP | FILTER | FOCUS | INTENSITY | LIGHT | NOISE | OVERLOAD | PAIN | PATTERN | PAUSE | PRIORITY | QUIET | REACT | RELIEF | REST | SALIENCE | SHIFT | STRESS | SURPRISE | TENSE