

How your brain steps on the brake after starting a task

To stop an activity, your brain must engage in very precise timing that involves the careful coordination of three distinct areas of the brain, new research has found.

The findings, set to be published on Dec. 20 in the journal [Neuron](#), help explain how people switch tasks once they've already begun them.

The research may help demystify how your brain handles quick decisions like those that happen when you're driving. Imagine you come around the corner, driving the speed limit. Up ahead, a traffic light turns yellow. You're not going to make it, but if you accelerate you can squeeze by just after the light turns red. You decide to put your foot on the gas pedal — but wait! There, in the parking lot, a cop car keeping watch on the intersection. Can you stop your foot in time to avoid getting a ticket for your irresponsible driving? Certain parts of your brain determine if you'll succeed, the researchers found.

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[T]he researchers found that at least three brain regions were involved: two parts of the prefrontal cortex, which is an area of the [brain](#) involved in planning, as well as the pre-motor cortex, which is an area that's less well-understood.

Read full, original post: [How Does Your Brain Stop a Task It Already Started?](#)