

# Automatic information processing

Our brains are always on the go. We are continually processing the world around us all day long.

When we are in a new environment we are working even harder, mapping the location, checking the exits and assessing the situation. This is why new experiences are sometimes exciting and exhausting at the same time, because our brains are working really hard.

Use the example below and think how you would automatically react without consciously thinking:

- Someone near you shouts "*catch!*"
  
- You are walking down the road and someone comes running towards you.
  
- You are walking along with your head down listening to music or deep in thought. You look up just as you are about to walk into a lamppost.
  
- You have just been saying unkind things about someone. You turn around and realize they have just walked into the room.

Can you think of examples when you have automatically reacted to a situation without thinking about it?