

# The Hand Model of the Brain

## What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the Upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain.



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taking a break  
is not lazy

slowing things down  
is not procrastination

taking time to think  
is not indecisive

taking care of yourself  
is not selfish

taking time to heal  
is not a waste of time

it is necessary

@mindfulofdreamss