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



Cerebral cortex Prefronatal cortex Upper brain "Logic centre"





Your brain working in harmony. All parts are connected and talking. The upper part of the brain can be accessed for logic, socialising and reasoning. Our upper brain is hugging our mid brain, making it feel safe

Brain Stem

Reptilian brain Basic functions Hind brain

Base of Skull Spinal cord

Upper and lower parts of the brain are no longer connected and talking. Logic no longer influence emotions. You've "flipped your lid"

The Cerebellum or Limbic Regions

Hippo campus Amygdala Mid brain "Big feelings" "Cave man" brain from the Central Nervous System

"Downstairs brain" Information dump

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