

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

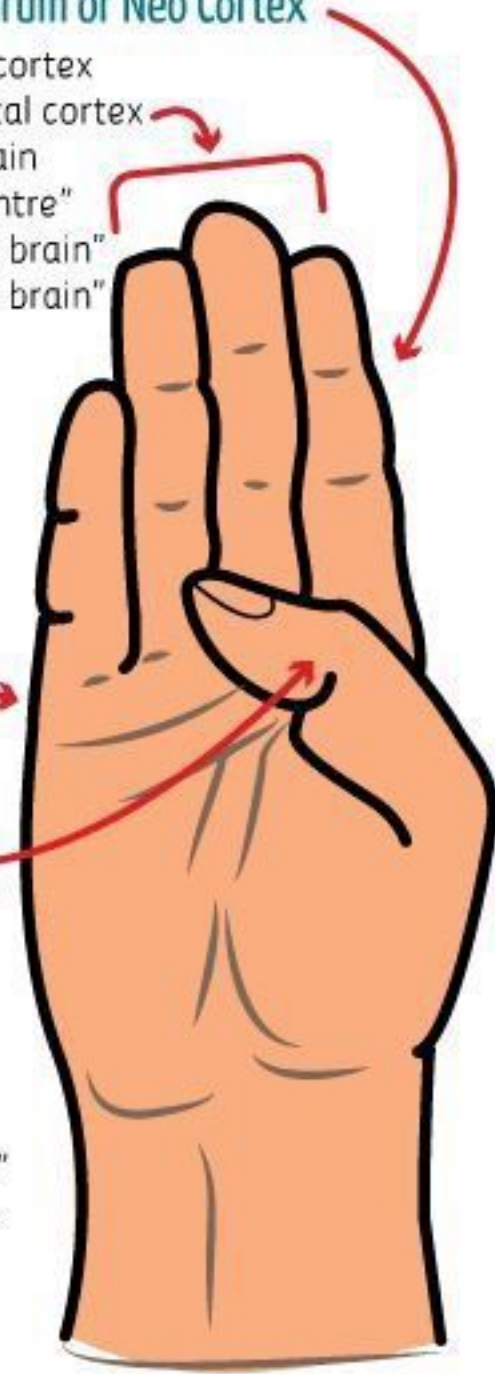


Your brain working in harmony. All parts are connected and talking. The upper part of the brain can be accessed for logic, socialising and reasoning. Our upper brain is hugging our mid brain, making it feel safe

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

The Cerebrum or Neo Cortex

- Cerebral cortex
- Prefrontal cortex
- Upper brain
- "Logic centre"
- "Thinking brain"
- "Upstairs brain"



The Cerebellum or Limbic Regions

- Hippo campus
- Amygdala
- Mid brain
- "Big feelings"
- "Cave man" brain
- "Downstairs brain"
- Information dump from the Central Nervous System



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