



The **Three Brains**

'Brain'
The Guitarist

BRAIN ON GUITAR

The brain is the most amazing organ in the body. Our brains make us who we are through our experiences in life and genetic makeup. The brain controls our every thought and action and is highly adaptable.

Information is collected from the world around us and our bodies. This information is interpreted in our brains to generate our emotions, memory, sensory experiences and movements. It enables us to speak, read, sleep and even controls basic body functions such as heart rate and breathing.

Mental health

Improve mental health through talking about feelings, exercise, eating well, keeping in touch with friends, taking a break, and having a creative hobby.

What happens when our three brains aren't in harmony?

If we don't look after the health of our 'three brains', they don't work as well as they should. When your brain, heart and gut health is poor, you can feel out of sorts and these feelings might lead to arguments with friends and family. When the three brains align they can act as an emotional thermostat – or like a great band whose music is as harmonious as the relationship between its members.

Meet the band and go to the gig at
www.scottishconflictresolution.org.uk

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