



The  
**Three Brains**

'Heart'  
The Drummer

# HEART ON DRUMS

The heart sits between our lungs, pumping blood around the body. Whereas the brain has billions of neurons, the heart only has approximately 40,000.

When asked where they feel emotions, people often touch their chest, meaning their heart. As we experience feelings like anger, frustration, anxiety and insecurity, this can affect heart rate.

## Physical health

Avoid over-eating; drink water; exercise; limit alcohol and avoid tobacco; try to reduce the time you spend sitting down; get plenty of sleep.

## 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](http://www.scottishconflictresolution.org.uk)

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