

Tune up your mind-body connection

The Three Brains

SCCR Scottish Centre for Conflict Resolution
Cyrenians

Get in sync to help you think!



Going for a walk, getting the right amount of sleep, and eating healthily help keep your 'three brains' in harmony.

Most importantly give yourself a break and be kind to yourself ... You're only human!

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Your body's 'three brains' – your actual brain, the heart and the gut – make up your mind-body connection. When we talk about three 'brains', we're actually talking about the networks of neurons that connect our brain, heart and gut.



The heart and gut don't 'think'; they work together in neural networks that 'talk' to each other using electrical signals and chemical messengers called neurotransmitters, which travel between gut, heart and brain via the vagus nerve.

When we don't look after the health of our 'three brains', they don't work as well as they should. You might feel grumpy or anxious and these feelings could lead to arguments with friends and family.



Our bodies switch to 'fight or flight' mode during arguments. The 'fight or flight' stress response impacts on our three 'brains' and so it is important to learn your own 'stress' triggers and find ways to manage them.

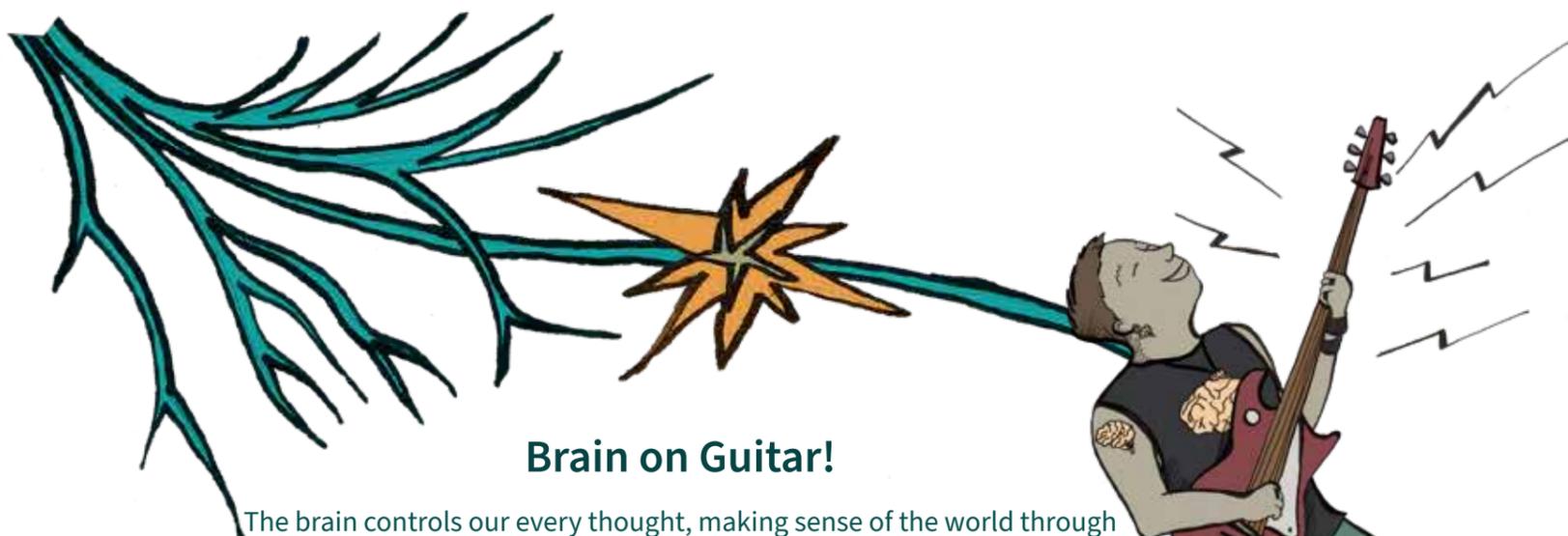
Find out more about your three brains at www.scottishconflictresolution.org.uk

Meet the Band!

When bands break up, it can be sad but fans will discover new groups. When families break up, the consequences can be devastating.

Family relationships can be strengthened, but you'll need to work on it, in the same way that no musician ever gets so good they don't have to rehearse again.

Your mind-body connection is a good place to start, not least because it works in the way a band does. Picture the brain as guitarist, the heart as drummer, and the gut as bassist. Like a band, the three parts of the mind-body connection need to be in sync to get the best out of them.



Brain on Guitar!

The brain controls our every thought, making sense of the world through emotions, memory and senses.

If you want to improve relationships, protect your mental health, which you can do by: talking about feelings, exercise, eating well, keeping in touch with friends, taking a break, and having a creative hobby.



Heart on Drums!

The heart sits between our lungs, pumping blood around the body. When we feel anger, frustration, anxiety and insecurity, our heart rate can be affected.

When you feel better, you make better decisions. Improve your physical health by: avoiding over-eating, drinking water, exercising, limiting alcohol and avoiding tobacco, trying to reduce the amount of time you spend sitting down, and getting plenty of sleep.



Gut on Bass!

The gut, which includes your stomach and intestines, digests food. The gut-brain connection is linked with anxiety and depression; through it we can feel emotion as distress in our tummy, that gut feeling linked to 'fight or flight'.

Often called our 'second brain', good gut health can play a part in making decisions that strengthen relationships. Improve gut health by: avoiding stress, sleeping well, exercising and eating a healthy diet (vegetables, fruit, nuts, grains and yoghurt).