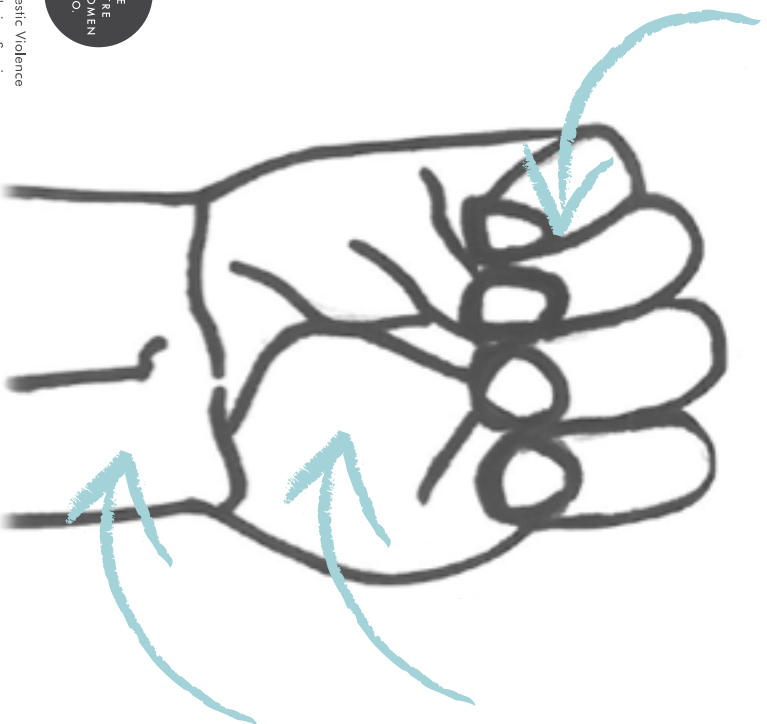


# WHAT DOES IT MEAN TO FLIP OUT LID?

## HAND MODEL OF THE HUMAN BRAIN

### CORTEX

This is our “thinking brain”. The cortex allows us to think logically, solve problems and understand what we see, hear, touch and taste in the world.



### REGULAR FUNCTIONING

#### BRAIN

All sections of the brain are connected and working with each other. The cortex is taking in new information and processing it while our limbic system is calm and regulating emotions.

#### LIMBIC SYSTEM

This is our “emotional brain”. The limbic system controls how we feel and behave to new experiences and information.

#### BRAIN STEM

This is our “survival brain”, The brain stems controls the movements we do without even thinking, such as breathing, blinking, heart rate, blood pressure.

### FLIPPING THE LID - WHEN OUR EMOTIONAL BRAIN TAKES OVER FROM OUR THINKING BRAIN.

When our body is stressed or feels that it is under attack, the thinking brain (cortex) becomes disconnected from the emotional/ survival brain causing them to stop working together. Our limbic system (emotional brain) kicks in and takes over and we are unable to think logically.

