

**ENGAGE**  
MORE CONTROL | LESS IMPULSE

# Self Care

Caring for ourselves, so we can care for others

SEPLA Conference  
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## INTRODUCING THE BRAIN

**Upper Brain**  
Cortex (Managing)

**Lower Brain**  
Brainstem / Limbic (Survival / Emotional)

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## RED / GREEN BRAIN ACTIVATION & HOW THIS AFFECTS BEHAVIOUR

*Sandpapered Brain*

Reactive Rational

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## IMPACT ON WORK PRODUCTION

**Creativity Test**

✓ Solved significantly more creative problems

✗

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## HELP YOURSELF BEFORE YOU HELP OTHERS

*Sandpapered Brain*

Reactive Rational


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## FIGHT / FLIGHT RESPONSE

- Dry Mouth
- Sight and Hearing Sharpen
- Heart Beats Faster
- Temperature Change
- Blood increase in large muscles of arms & legs
- Breathing Changes
- Stomach purges
- Bowel/Bladder may empty

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## FIGHT / FLIGHT RESPONSE (LONG TERM)



**Dry Mouth  
Ulcer/Sores**

**Heart Beats Faster  
Tachycardia**

**Stomach nerges  
Stomach issues  
Weight Gain/Loss**

**Sleep Issues  
Eating patterns  
Immunity issues  
'Mouse on Wheel' thinking**

**Bowel/Bladder may empty  
Constipation / Diarrhoea**

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## LOWER BRAIN HAPPY

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## UPPER BRAIN ENGAGED

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## MAKING LOWER BRAIN HAPPY

<p><b>YOURSELF</b></p> <ul style="list-style-type: none"> <li>• BREATHING</li> <li>• CONDITIONED RESPONSE</li> <li>• SENSORY / MOVEMENT</li> </ul>	<p><b>OTHERS</b></p> <ul style="list-style-type: none"> <li>• RELATIONSHIP</li> <li>• STATUS</li> <li>• SENSORY / MOVEMENT</li> <li>• DISTRACTION</li> </ul>
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## How to Keep The Survival Brain Calm...

<p><b>S</b>ome</p> <p><b>B</b>oys</p> <p><b>H</b>ate</p> <p><b>C</b>arrots</p>	<p>See me....</p> <p>Show me I <b>B</b>elong...</p> <p>Tell me what is <b>H</b>appening</p> <p>Give me some <b>C</b>ontrol</p>
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