



The
Three Brains

'Gut'

The Bassist

GUT ON BASS

The gut, which includes your stomach and intestines, digests food. It's our 'second brain', containing over 100 million neurons.

The two-way communication between brain and gut is an ongoing conversation to enable us to be in harmony with our brain and gut feelings.

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'.

Gut health

Lower your stress levels, sleep well, exercise and eat a healthy diet (vegetables, fruit, nuts, grains and yoghurt).

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

We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant. Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.

