

**PETROS**

*Resilience for Life*

# **Be Kind To Your Mind**

## **Episode 2: Your Brain and Your Mind**

A Petros Production

With

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Ed



Jo



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Tracy





Laura



Tom

<https://www.tomlininsh.co.uk>



# The BKT YM Mission

To share the information and the skills we  
need to look after our minds in the same  
way we look after our bodies, so that no  
matter what life throws at us, we can  
(mostly) thrive!

# The Episodes

Episode	Title	Date	Episode	Title	Date
1	What is resilience?	11 May	6	The four sights	15 Jun
<b>2</b>	<b>Your brain and your mind</b>	<b>18 May</b>	7	Compassion and mindfulness	22 Jun
3	Emotion and intuition	26 May	8	Cognitive skills	29 Jun
4	The physiology of emotion	1 Jun	9	Parents special	6 Jul
5	Emotional regulation	8 Jun	10	A celebration	13 Jul

# The BKT YM – The Process

- Each episode has an associated workbook and exercises from Tom that will be downloadable from <https://petros.org.uk/be-kind-to-your-mind> soon after each episode. Use it however suits you best
- The idea is for you to create your own resource to refer back to whenever you need
- If you miss an episode, a recording of it will be available for a short period (roughly a month) for you to view again. Your organisation will circulate the details for access. Please be aware that each episode is recorded!
- We will be using Mentimeter, an interactive software that allows you to participate anonymously.

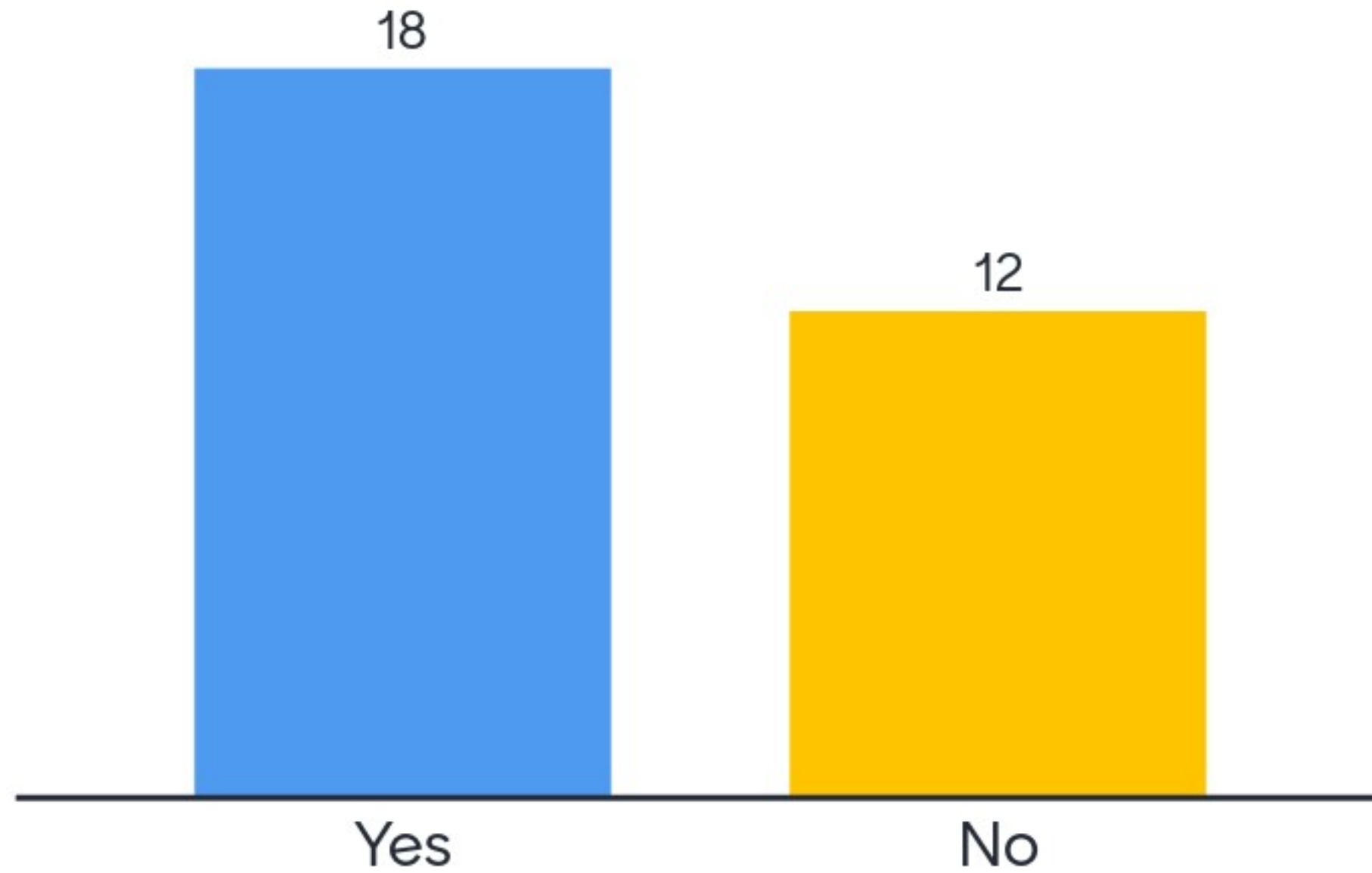


# Where in Europe are you calling from?





# Did you join last week?



## E2: Your Brain and Your Mind – not the same thing!

### Principle

Understanding a bit about how the brain and mind work can help us understand why we think, feel and behave the way we that we do.

This can be particularly helpful if we're not feeling great!



# Today's session

- A session of two halves!
  - **First half**
    - Your brain – well, the key bits that are useful to know about
  - **Second half**
    - Your mind – a theory to help make sense of things

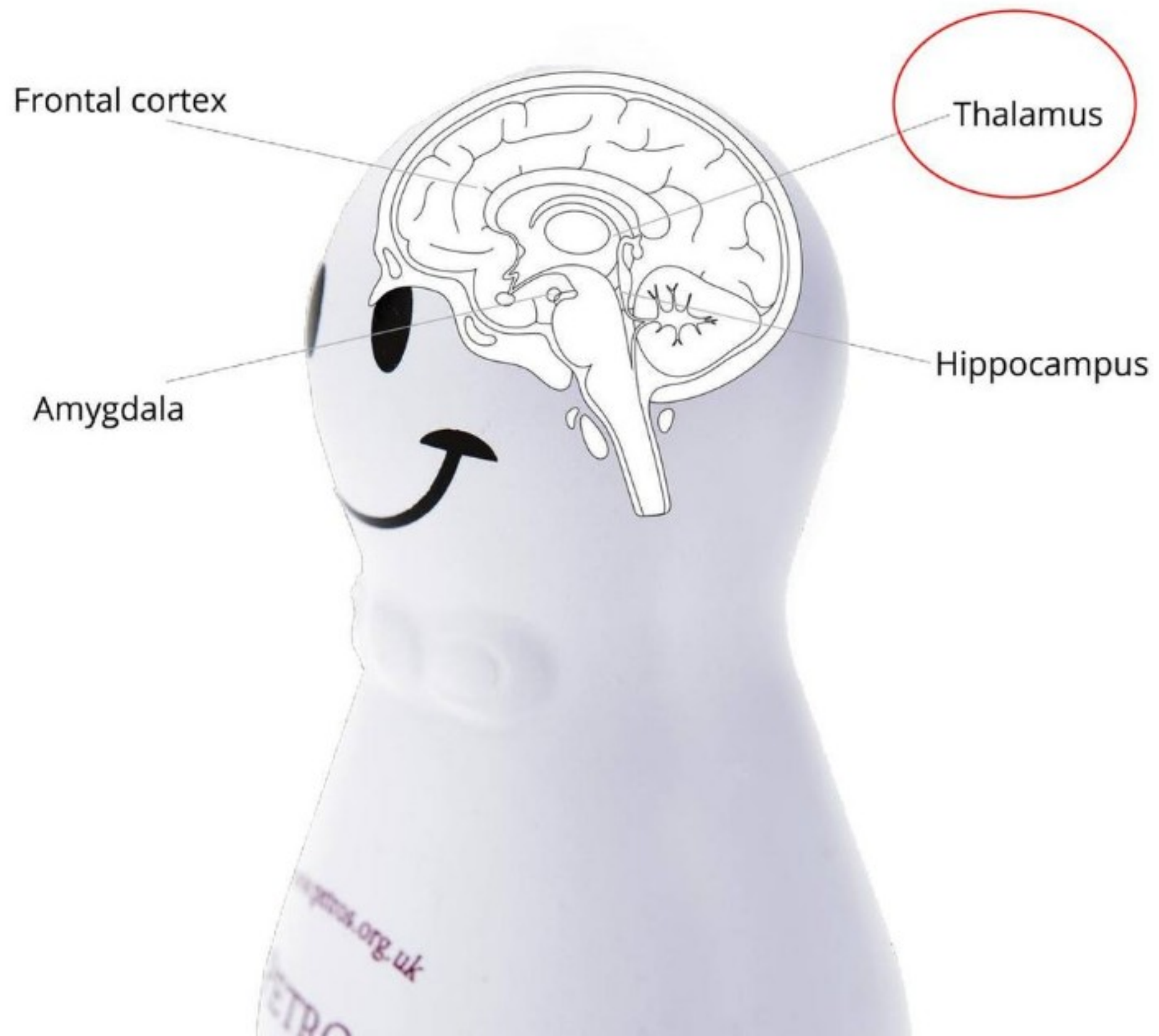
Frontal cortex

Thalamus

Amygdala

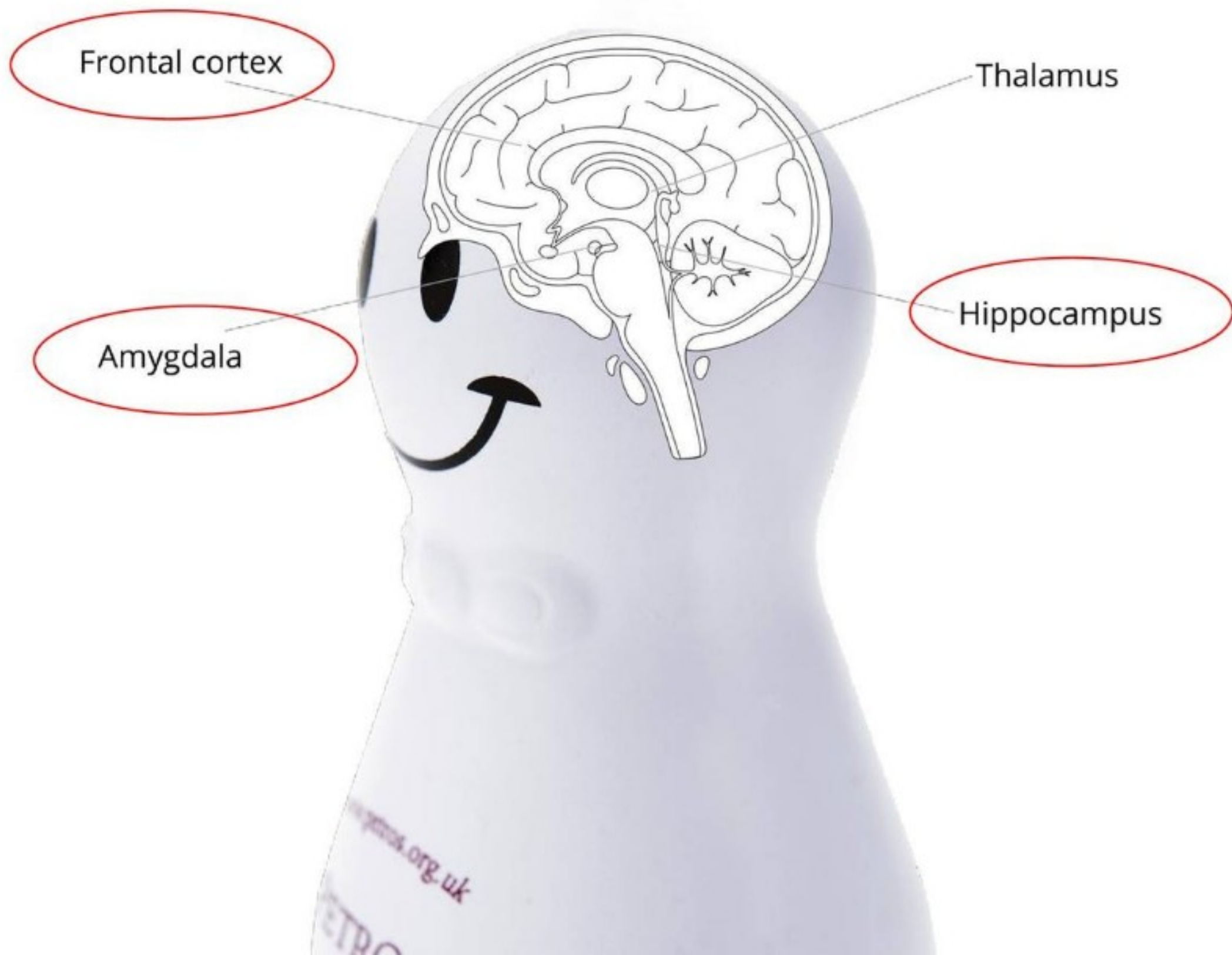
Hippocampus











# What each bit does

(Heather Sequiera 2019)

- Pre-Frontal Cortex - The CEO
  - *Does all the thinking, planning, risk assessing, problem solving etc.*



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  - *Does all the filing and organising of incoming and past information.*
- Amygdala - **The Security guard**
  - *Protects the whole system. Not required to think.*

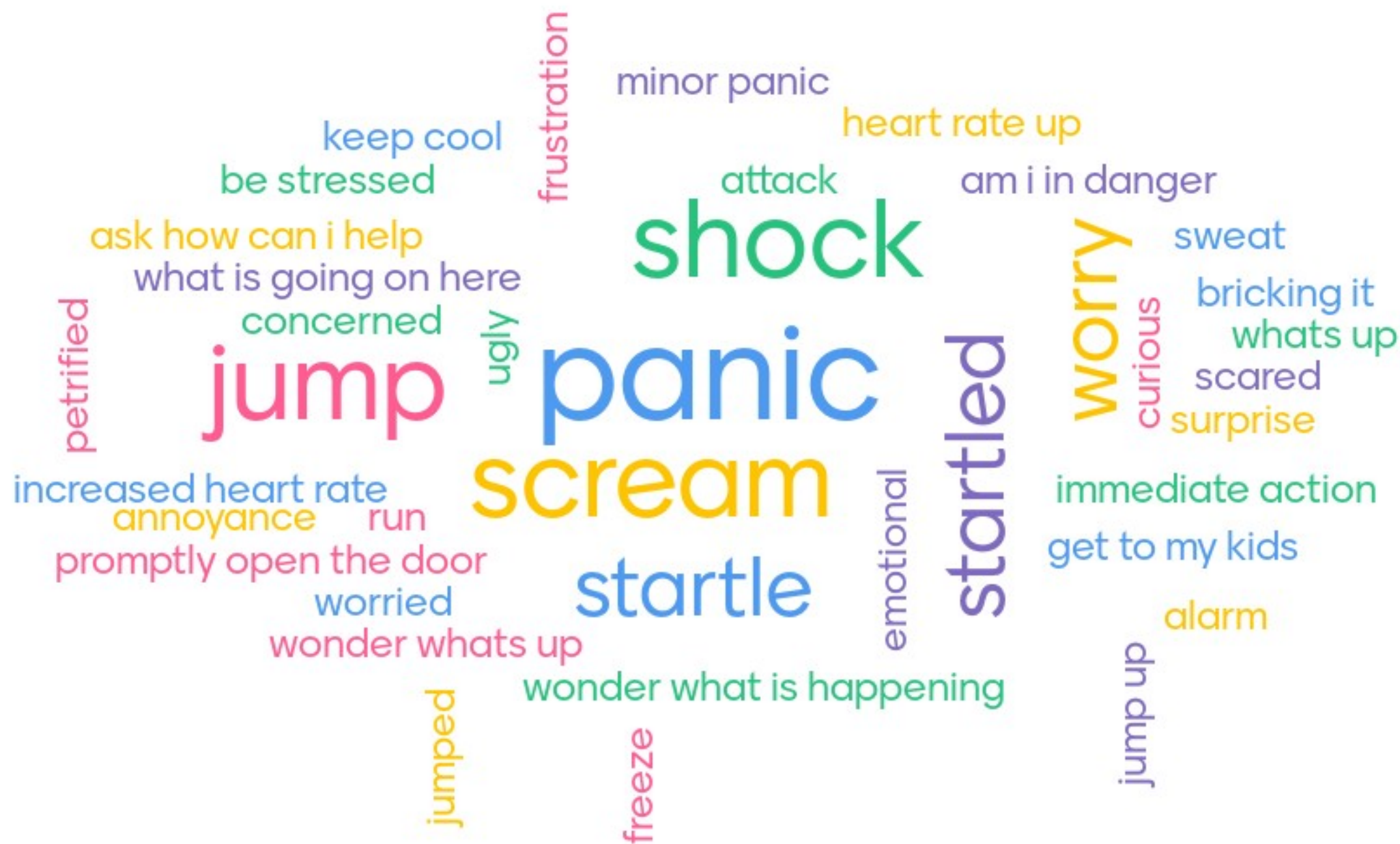


# Someone knocks quietly on your door

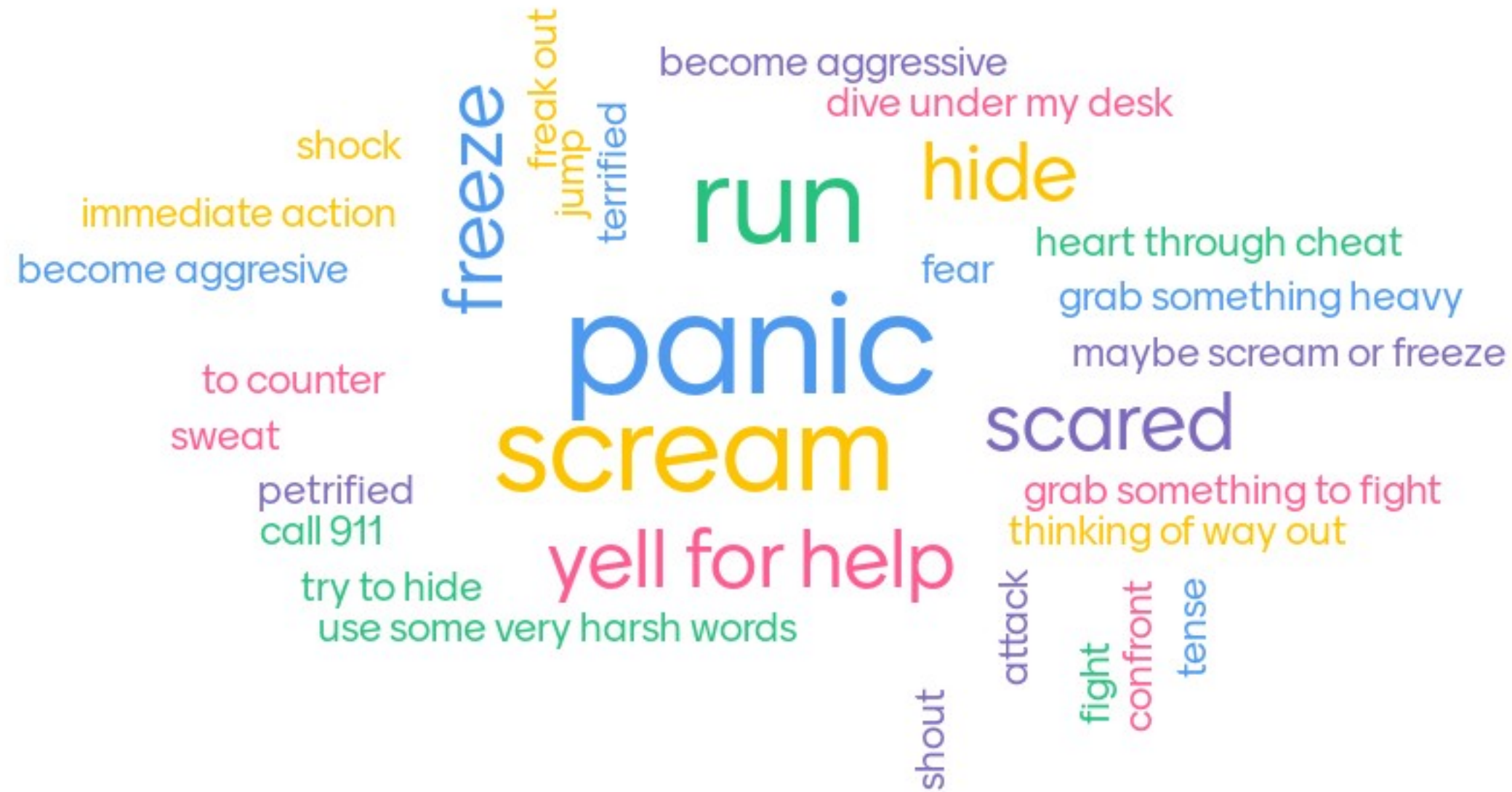




# Someone knocks on your door with some urgency



# Someone comes crashing through your door screaming with a weapon in their hand



Frontal cortex

Thalamus

Amygdala

Hippocampus



# Personal Construct Theory

George Kelly  
(1955)

<https://www.verywellmind.com/what-is-personal-construct-theory-2795957>

# Constructs

- Our constructs are basic units of description and analysis that we use to make sense of the world
- It's a well chosen word because
  - our constructs represent the view we have **constructed** of the world
  - And they indicate how we are likely to **construe** (make sense of) our world as we experience it

# Constructs

## *Examples of constructs*

–Polite	vs	Rude
–Warm and Sunny	vs	Cold and windy
–Safe	vs	Vulnerable
–Reliable	vs	Unreliable
–Kind	vs	Vicious



# Constructs

- Some constructs are more important than others
- Some people's system is more flexible than others
- Your construct system is your truth as you understand and experience it. It is *Personal*.
- The extent to which you can understand someone else's construct system is a measure of empathy

# For you, what is the contrast of beautiful?

ugly

not attractive  
dull and dreary  
unattractive  
lockdown  
awful  
constraint  
distasteful  
horrible  
boring  
no choices  
restrictive  
control  
plain  
empty  
ordinary  
bad taste  
gregarious  
dictated  
tied  
restricted



# For you, what is the contrast of freedom?

constraint  
 trapped  
 locked up  
 lockdown  
 no space  
 tied  
 restricted  
 inability  
 imprisoned  
 restriction  
 war  
 imprisoned  
 slavery  
 limited  
 constrained  
 imprisoned  
 restrictions  
 subjugation  
 imprisonment  
 dictated  
 covid-19  
 prisoned  
 controlled





# Constructs

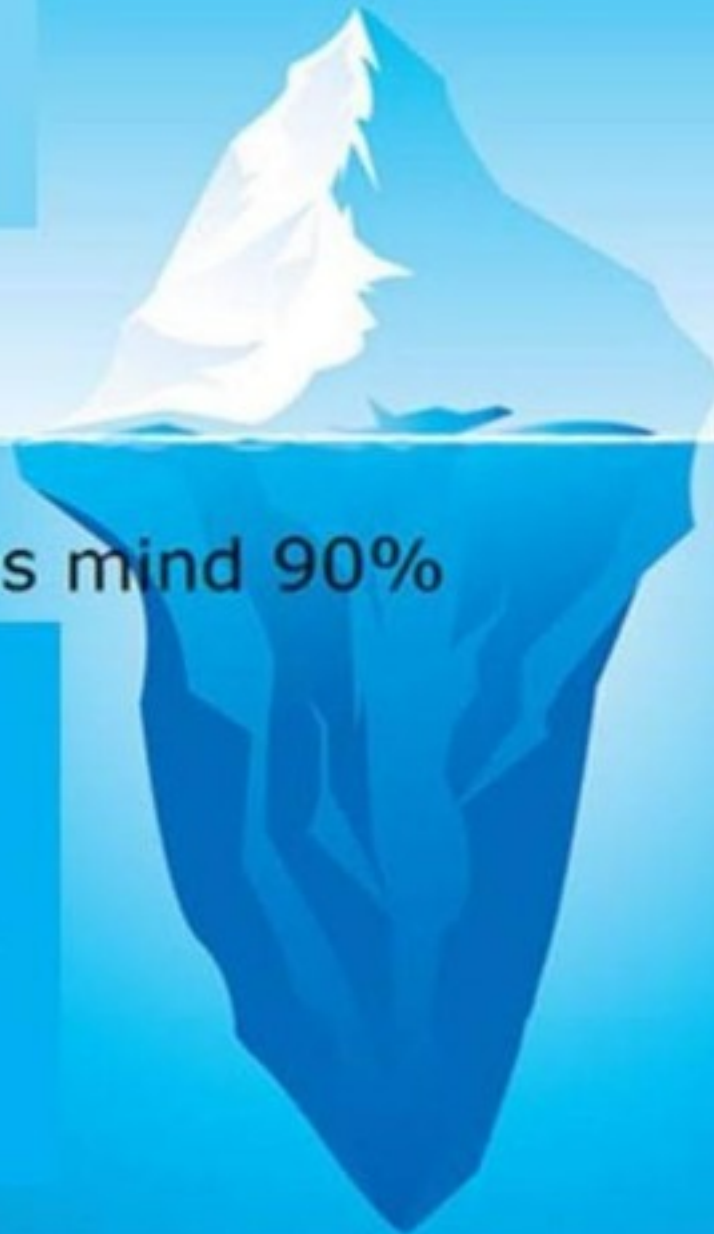
- **Our construct system:**
  - Makes our world more predictable
  - Can grow and change
  - Influences our expectations and perceptions
  - Is not always internally consistent!!

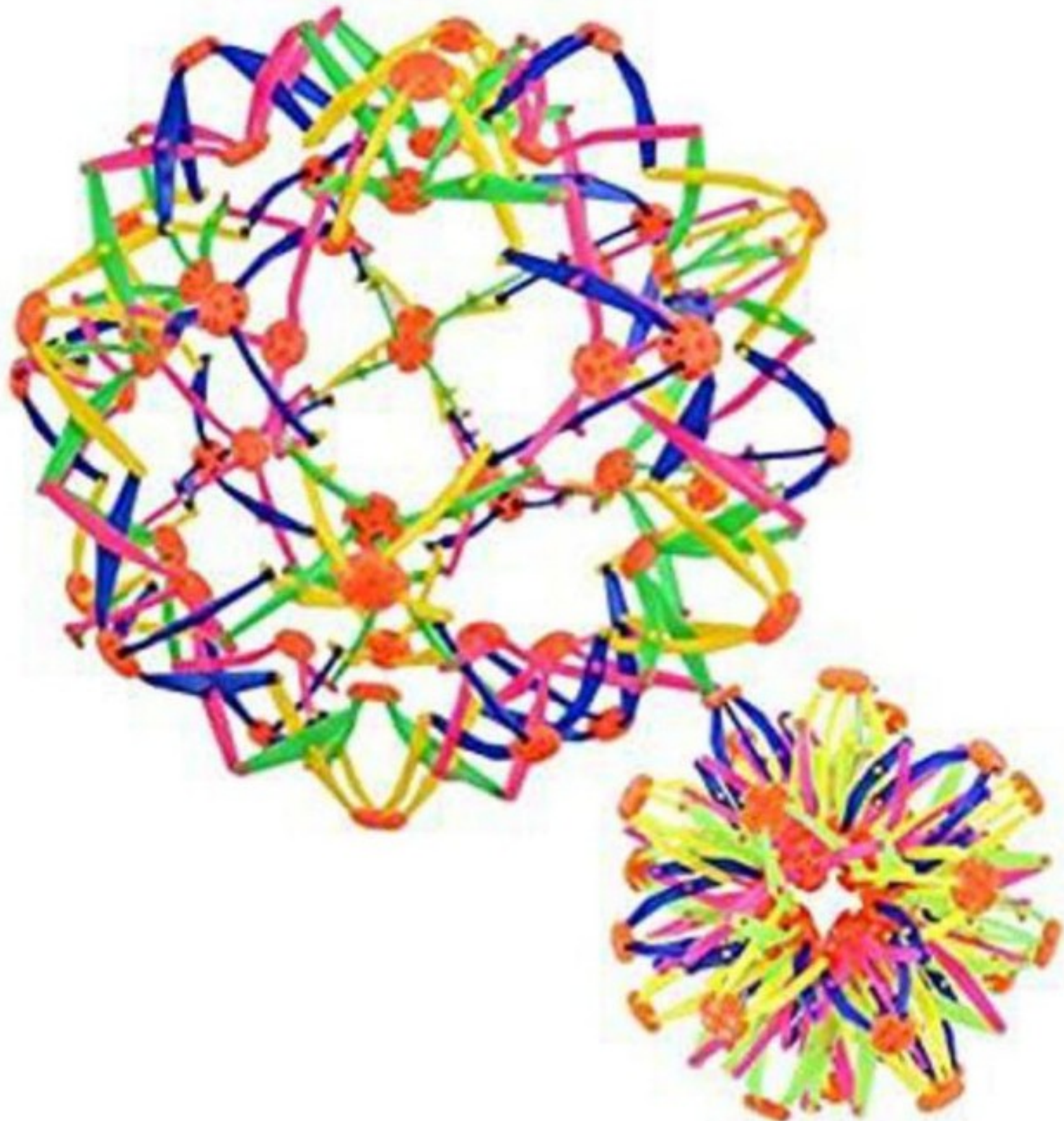
## Conscious mind 10%

- Will Power
- Short Term Memory
- Logical Thinking
- Critical Thinking

## Subconscious mind 90%

- Beliefs
- Emotions
- Habits
- Values
- Protective reactions
- Long term memory
- Imagination
- Intuition







# Some Scenario's



You walk in to your local supermarket only to find it's been completely reorganised and nothing is where it should be!!

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You are caught up in a life threatening event



# Some things to think about

- Can you remember a time when something hasn't gone according to plan, and it has played on your mind for a while?
  - How did it feel emotionally?
  - How did it feel physically?
  - Can you identify any beliefs that were challenged by the change? These can help identify your constructs).
- Over the next few days/weeks, recognise when you feel a strong reaction to something (it might be something nice and pleasant or something difficult or more challenging). Just notice your response and be curious about it.

# Any questions?

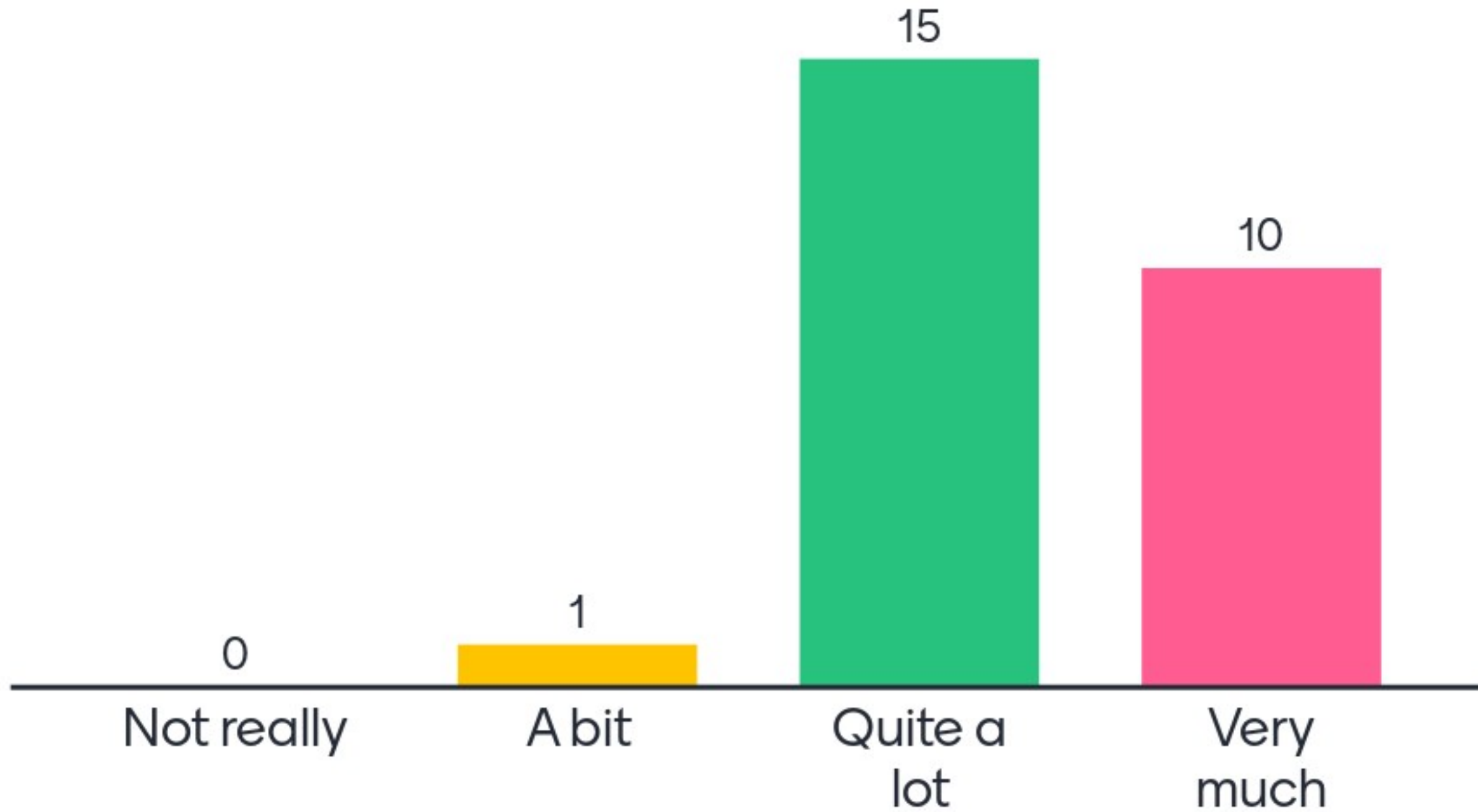


0 questions

0 upvotes

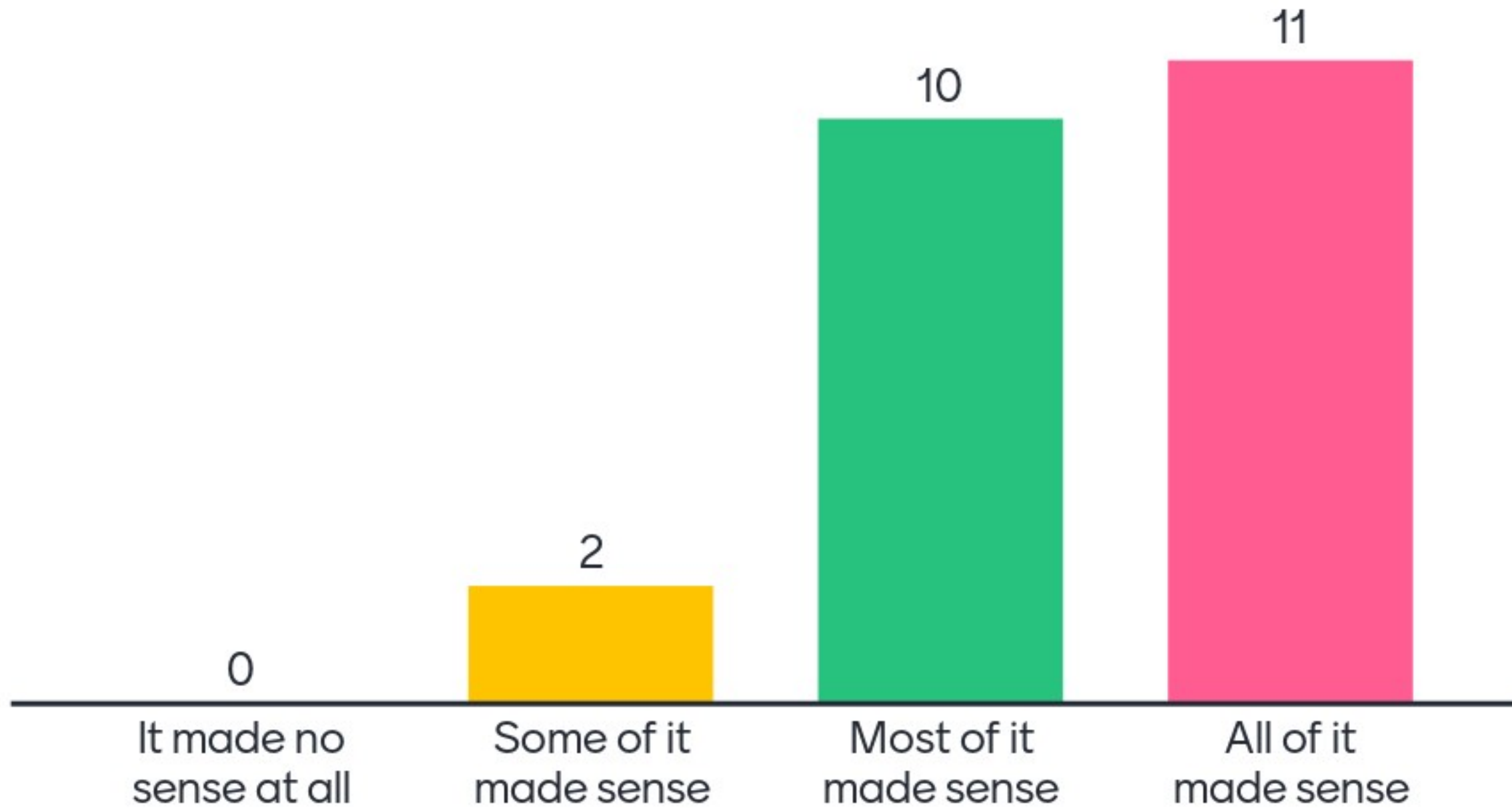


# Did you enjoy today's episode?





# It was quite technical. Did it make sense?



# Any other comments

Thank you

Thanks! Really enjoyed this

Thank you

Thank you very much Jo, I really enjoyed this session

thanks for a useful session

Very good session, thanks a lot.  
Nice use of menti!

Great session, thank you

Thank you Jo and team, I really enjoyed this training.

Really good. Thank you



# Any other comments

Really interesting, thanks

Will we cover thinking about the past unpleasant situation or worrying about the future? Geberalised anxiety

Very insightful!

Really interesting! Makes sense

Nice material, info and presentation lead.







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