

# PETROS

*Resilience for Life*



# Be Kind To Your Mind

## Episode 2: Your Brain And Your Mind – Not the same thing!

**A Petros Production**

With

Prof. Jo Clarke

Dr. Maxine Daniels

Di Gammage

Ed Simpson

Tracy Brookes

Mark Campion







In addition to a whole host of tips and strategies to take care of your MindHealth, we will also be joined regularly by Tom Lininsh, a highly experienced Personal Trainer, who will be designing short, manageable exercises to complement each episode's theme, for example, exercises for resilience, exercises to improve mood, exercises that develop skills and so on.

## Our 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

| Date    | No: | Title   | Facilitators           |
|---------|-----|---|------------------------|
| 11.5.20 | 1   | What is Resilience?                                       | Jo and the team        |
| 18.5.20 | 2   | Your brain and your mind – Not the same thing             | Jo, Tracy and Ed       |
| 25.5.20 | 3   | Emotion and Intuition                                     | Jo and Maxine          |
| 1.6.20  | 4   | The physiology of emotion                                 | Jo, Ed and Mark        |
| 8.6.20  | 5   | Emotional regulation and helping others                   | Jo and Di              |
| 15.6.20 | 6   | The four sights   | Jo and Di              |
| 22.6.20 | 7   | Compassion and Mindfulness                                | Tracy, Mark and Jo     |
| 29.6.20 | 8   | Cognitive Skills  | Maxine, Tracy and Jo   |
| 6.7.20  | 9   | Parents special – Helping your child with resilience      | Jo and Di              |
| 13.7.20 | 10  | A celebration of completion – Top Tips and moving forward | Jo and The Petros Team |





## The BKYM – The Process

- Each episode has an associated workbook that will be downloadable from [www.petros.org.uk/be-kind-to-your-mind](http://www.petros.org.uk/be-kind-to-your-mind)
- 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 from [www.petros.org.uk/be-kind-to-your-mind-episode-2](http://www.petros.org.uk/be-kind-to-your-mind-episode-2)
- Please be aware that each episode is recorded!
- We will be using Mentimeter, an interactive software that allows you anonymously participate.

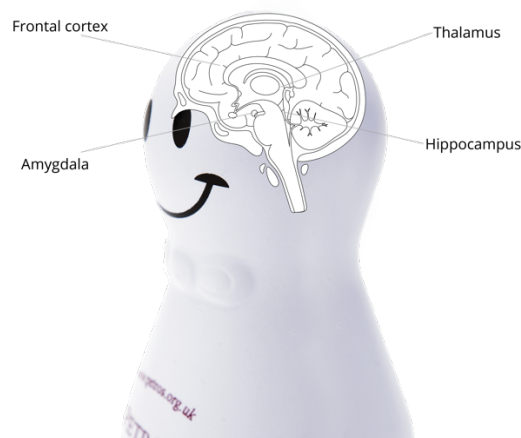


## E2: Your Brain and Your Mind – not the same thing!

### 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!



Thalamus

*Directs the traffic*

Pre-Frontal Cortex - The CEO

*Does all the thinking, planning, risk assessing, problem solving etc.*

Hippocampus - The Personal Assistant

*Does all the filing and organising of incoming and past information.*

Amygdala - The Security guard

*Protects the whole system. Not required to think.*



## Personal Construct Theory

(George Kelly, 1955)

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.

Examples of constructs

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

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

The extent to which you can understand someone else's construct system is a measure of empathy

### Our construct system:

- Makes our world more predictable

- Can grow and change

- Influences our expectations and perceptions

- Is not always internally consistent



Today's episode, providing information about the brain and the mind, is the foundation for upcoming episodes, looking at emotion, physiology and cognitive skills. If you'd like to, between now and Episode 3, have a think about the following:

- Can you remember a time when something hasn't gone according to plan, and it has played on you 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)

Example:

The Situation: The supermarket layout has changed AGAIN!

Emotion: Frustrated.

Physical response: Tension in my face and neck!

Beliefs: I'm too busy for this! I won't be able to find what I need easily! (My constructs might be easy vs complicated and efficient vs time consuming)

- 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. Recognise that your brain and your mind are working together to respond to the situation. Note down anything of interest to you.





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