

# BRAIN WORKSHOP

UNDERSTANDING OUR BRAINS FOR WELLBEING AND EMOTIONAL REGULATION

*Korina Tsipoura*

WHAT IS THE BRAIN'S JOB?

LET'S READ A STORY!

THE BRAIN'S JOB IS TO

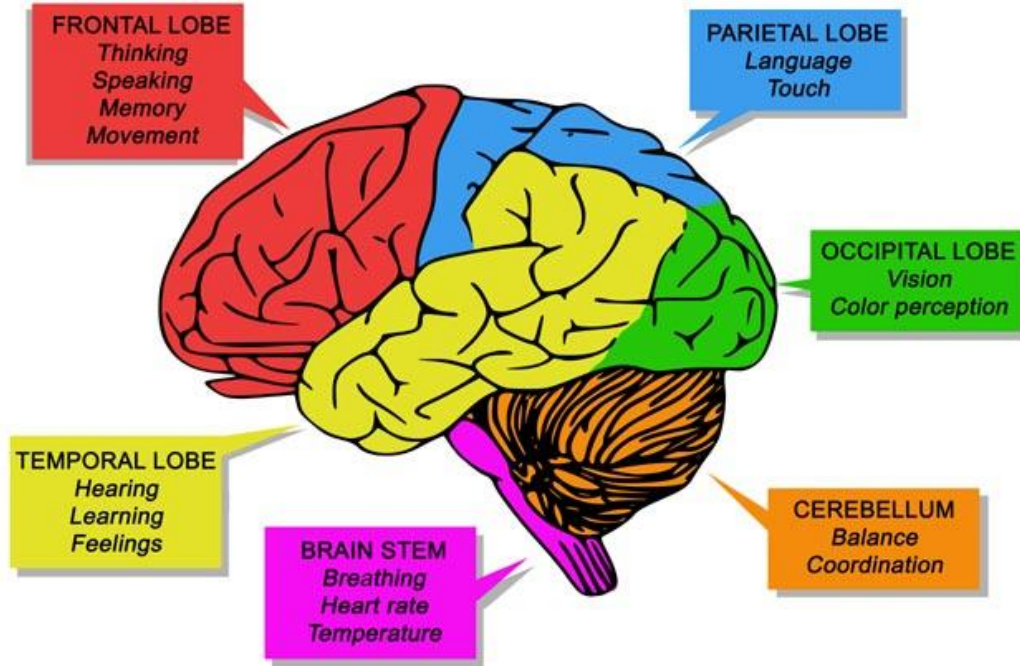


PROCESS  
FILE  
STORE  
INFORMATION  
THAT IT COLLECTS FROM  
OUR 5 SENSES



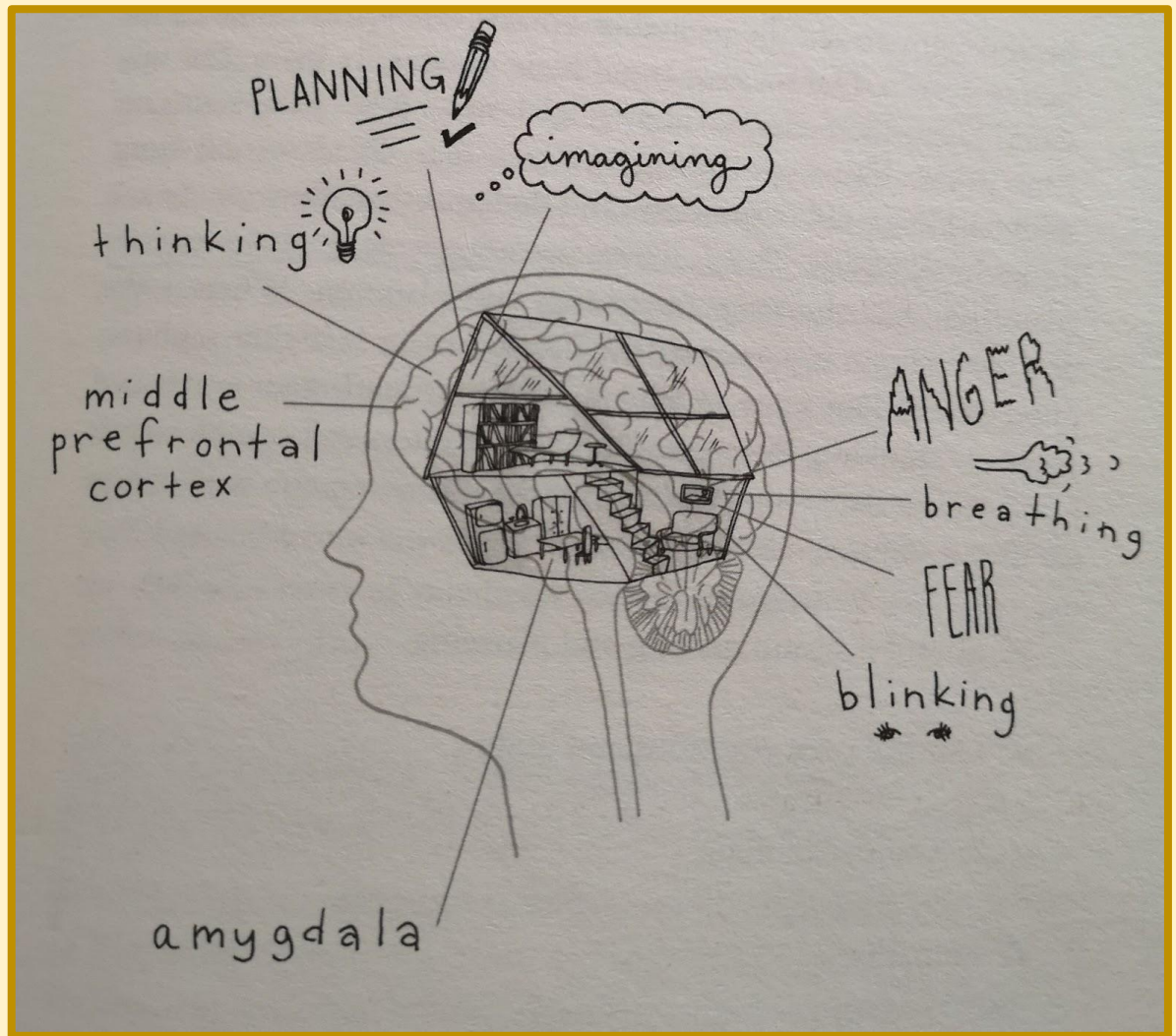
AND CONTROLS PRETTY MUCH EVERYTHING IN YOUR BODY!!

# DIFFERENT PARTS OF OUR BRAINS HAVE DIFFERENT JOBS



# THE UPSTAIRS AND DOWNSTAIRS BRAIN

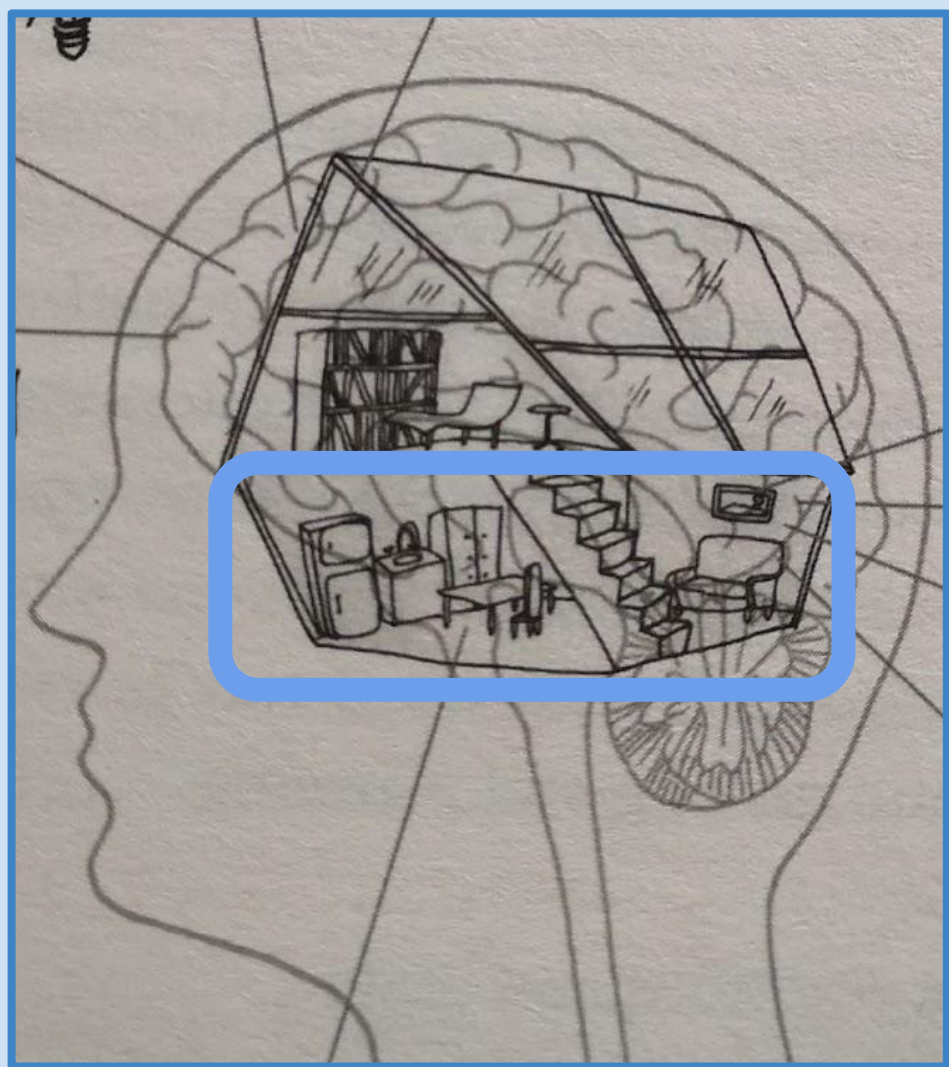
THE WHOLE-BRAIN CHILD  
DR. DANIEL J. SIEGEL AND  
DR. TINA PAYNE BRYSON



## WHAT LIVES IN THE DOWNSTAIRS BRAIN

### AUTOMATIC FUNCTIONS:

- BREATHING
- HEART BEATING
- BLINKING

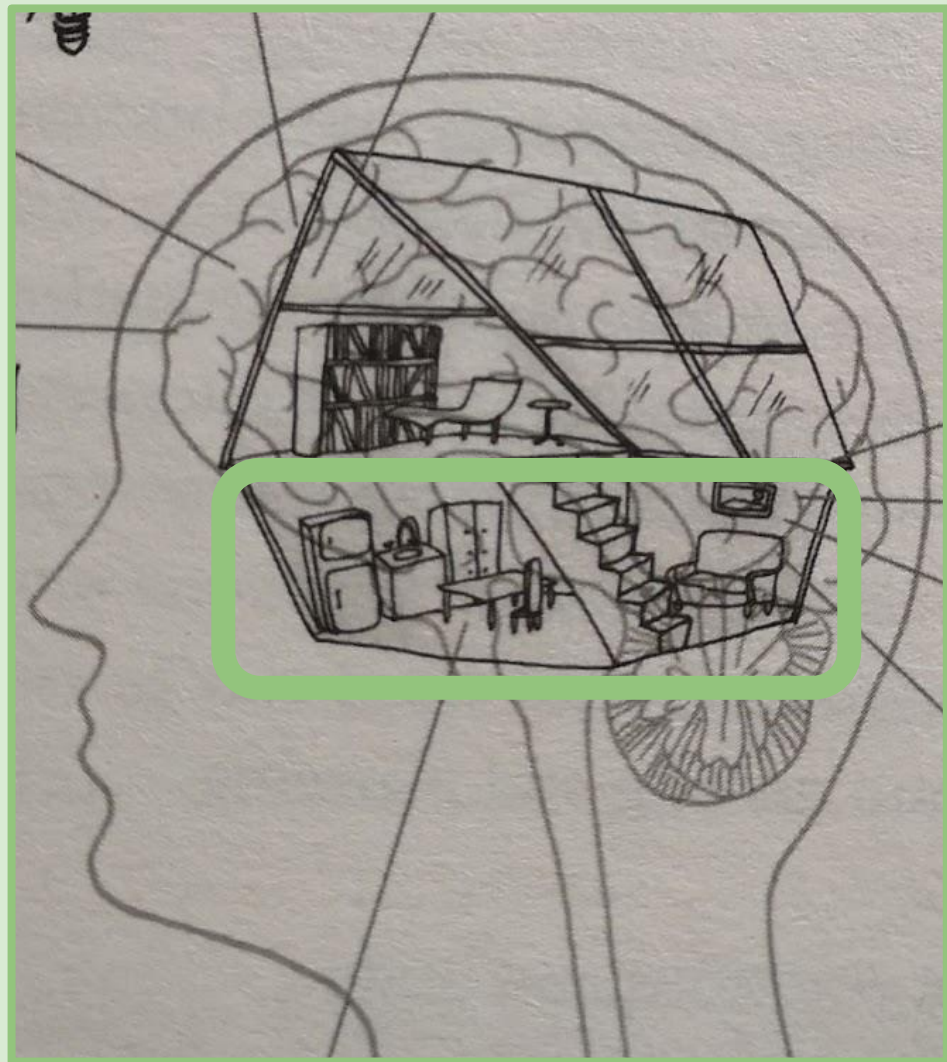




# WHAT ELSE LIVES IN THE DOWNSTAIRS BRAIN

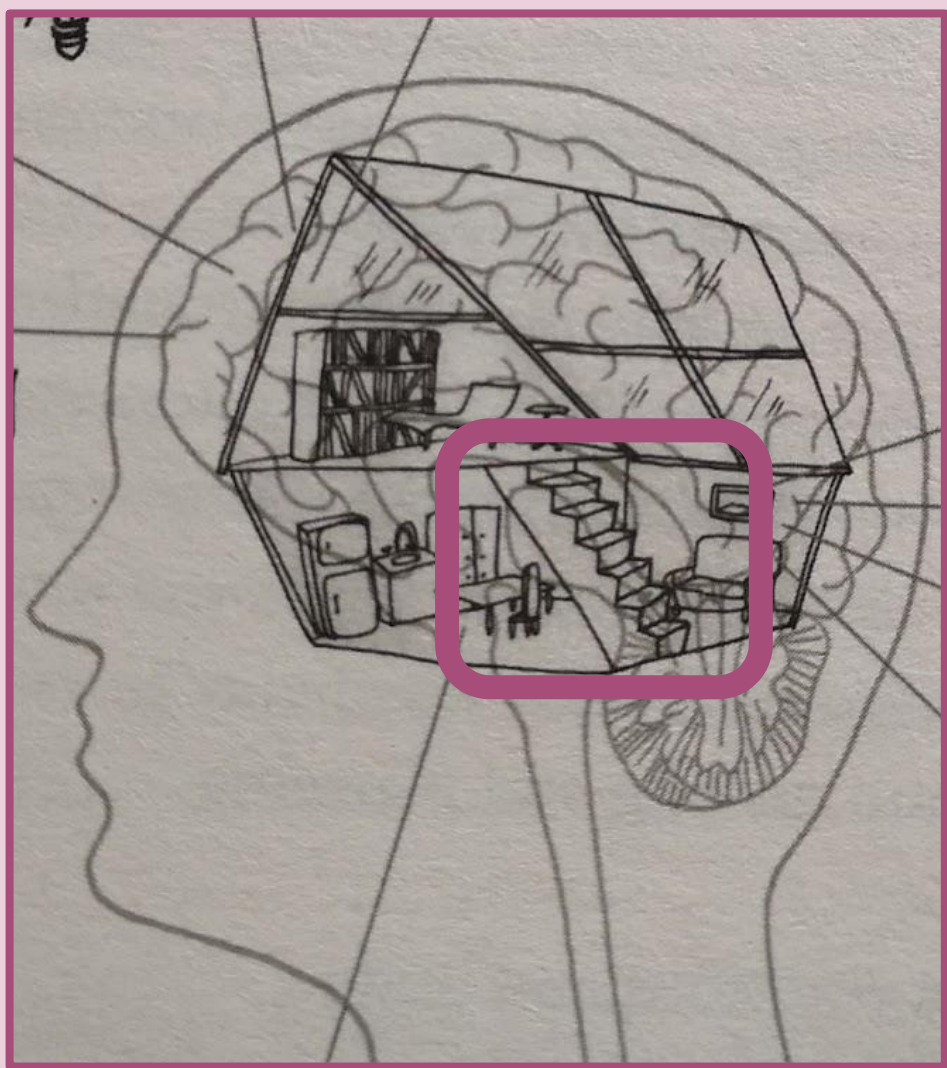
## BIG EMOTIONS:

- FEAR
- ANGER
- FRUSTRATION
- UPSET
- SADNESS
- ANXIETY
- NERVOUSNESS



WHAT ELSE CAN WE SEE IN THE  
DOWNSTAIRS BRAIN?

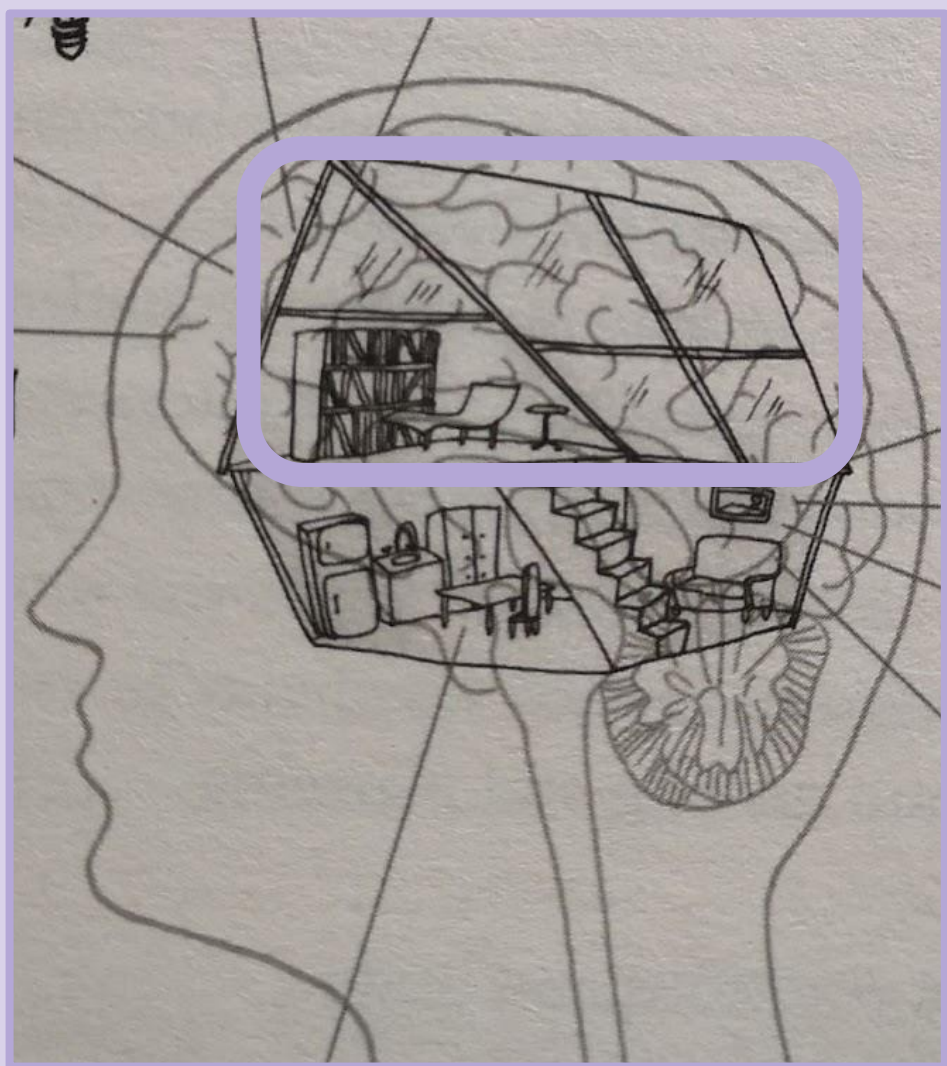
➤ STAIRCASE





# WHAT LIVES IN THE UPSTAIRS BRAIN

- THINKING BRAIN
- LANGUAGE
- KNOWLEDGE
- PROBLEM SOLVING
- PLANNING
- IMAGINATION
- CREATIVITY

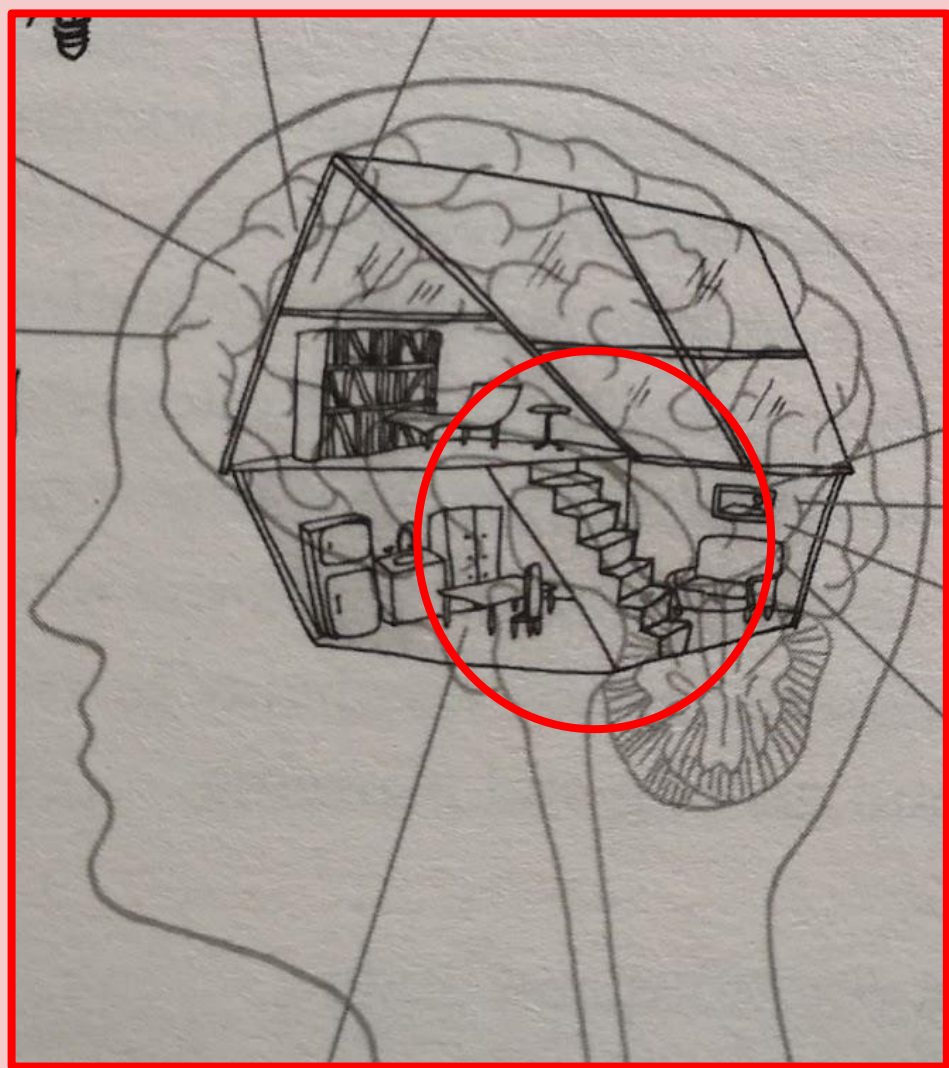


LET'S SEE WHAT HAPPENS IN OUR  
BRAINS WHEN WE FEEL BIG  
EMOTIONS.

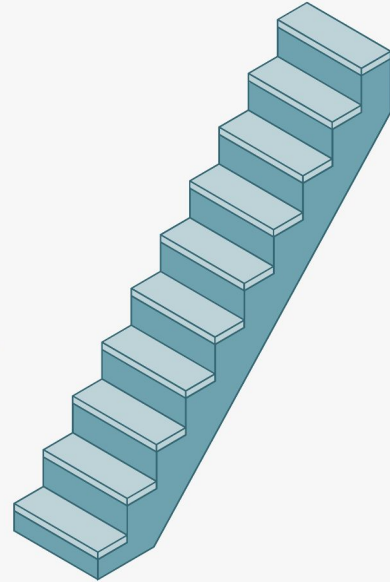
THE STAIRCASE GETS  
BROKEN DOWN

WE ARE STUCK DOWNSTAIRS

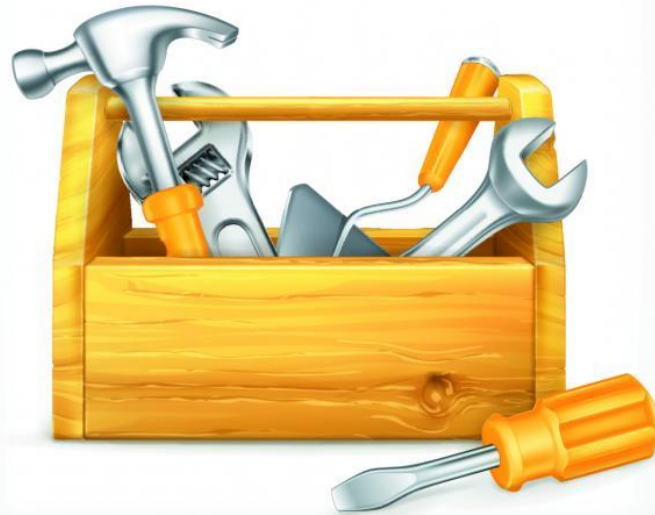
NO ACCESS TO THE UPSTAIRS  
BRAIN AND OUR THINKING  
BRAIN



# HOW CAN WE REBUILD OUR STAIRCASE?



TOOLKIT!





TOOLKIT



# ASK FOR HELP



# BELLY BREATH



# BALLOON BREATH



SHAKE LIKE JELLY!



RUN ON THE SPOT



# MOVE LIKE A SWING







SELF HUG



## TOOLKIT

BELLY BREATH

SHAKE LIKE JELLY!

BALLOON BREATH

ASK FOR HELP

RUN ON THE SPOT

SELF HUG

MOVE LIKE A SWING

HAVE YOU GOT ANY QUESTIONS?

*Thank you!*