



All of the chemicals in the Brain's Amazing Drugs Cabinet play an important part in keeping us mentally, physically and emotionally healthy. The trick is to maintain the best balance between these drugs to create the perfect cranial cocktail!

Welcome to the Brain's Amazing Drugs Cabinet! It's full of really powerful chemicals that we produce naturally and which are better and more powerful than anything you can buy in a pharmacy. They can improve your mood and emotions, don't have serious side-effects, are free and we regulate them! We can begin to feel happiness, rest, or re-enter a place of calm and contentment, just by accessing the Brain's Amazing Drugs Cabinet.

To boost the beneficial effects of Oxytocin, Serotonin and Melatonin exercise regularly and get plenty of fresh air.

To balance out levels of Adrenaline, Dopamine and Endorphins, remember to take a break (whatever you're doing), stretch, breathe deeply, relax and do something you really enjoy.

To reduce the negative effects of Cortisol and Adrenaline (and Noradrenaline), practice deep breathing, take a walk to clear your head, get plenty of exercise and remind yourself to have fun!

To maintain a healthy balance of Melatonin, GABA and Glutamate, rest when you're tired and keep to regular sleep patterns.

Based on all our experiences from early childhood to earlier this morning, the emotional homunculus decides how to respond to external stimuli and which drug to release to manage the situation in which we find ourselves.

Scottish Centre for Conflict Resolution | **Cyrenians**
 To find out more about the work of the SCCR and all our other resources please visit:
www.scottishconflictresolution.org.uk

OPEN WITH CAUTION!!!

Welcome to the Drugs Cabinet
in your Mind!



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Inspired by the science of Dr. W Penfield and Dr. D Butler
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Scottish Centre for
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CYRENIANs

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The Emotional Homunculus gives you the Brain's Amazing Drugs Cabinet!

Ever get the feeling that your body has a mind of its own? Some days you feel like you just can't get out of bed and on others you're so excited you can't get to sleep!

It's like a vinyl record that has grooves scratched into it over our lifetime; a map of how we learn to connect with the world around us.

Meet your emotional homunculus – the part of the brain that determines how we perceive and react to things based on our emotions and learned responses.

Everything we do from learning to walk to playing a musical instrument is all possible because our emotional homunculus stores information about the daily situations we encounter and how to best react to them. Over time our emotional homunculus uses emotions – good or bad, pleasure or pain, risk or reward – to build up memories which act as a blueprint or template for how we behave.

But how does our emotional homunculus create a response in our bodies, causing us to act and react in a certain way in relation to conflict and relationships? Find out more inside the Brain's Amazing Drugs Cabinet...

