

#KeepTheHeid

How does it all work? Here's the science bit!



Life can be a bit like a circus - you never know what's around the corner and it can take its toll, especially on relationships. They can feel like a bit of a balancing act ...and no one wants to fall off the tightrope.



Our brain plays a vital role in whether we have an automatic reaction or are able to manage our response to a difficult situation.



Spiraling out of control?

We often second - guess each other but there is always another side to things. Take the time to really listen, you might hear something new! It's easy for things to spiral out of control. Talk and help each other

When the bomb goes off ask yourself what's more important: being "right" or "rescuing the relationship"?

Seeing things differently

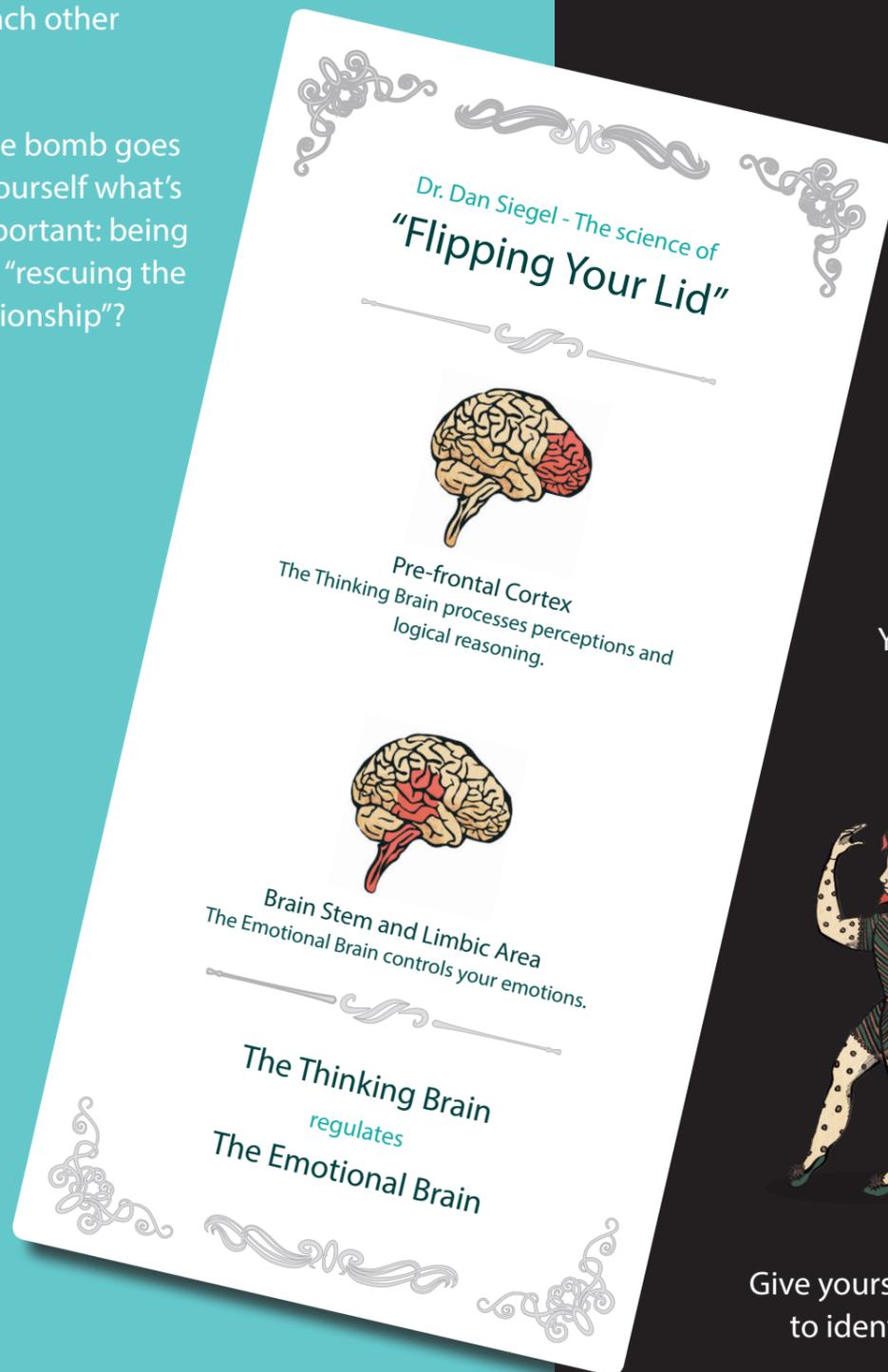
Strong emotions especially anger can take hold of us. Ever looked in the mirror and not recognised the person staring back? Anger is often the reaction covering up other emotions - feeling unheard, lonely, sad, unloved ...

It can take us anywhere between 20-30 minutes to bring ourselves back and begin to use our thinking brain again.

People see and understand things differently - everyone is unique but we're all in this together. Try putting yourself in someone else's shoes the view could be quite different!



When someone "pushes our buttons" the connections between the Thinking Brain and the Emotional Brain start to go. If they can become completely disconnected it's



Illustrations by Hannah Foley.

So why do some things make us 'blow our top' and 'flip our lid'?

If we "flip our lids" we are no longer responding in a controlled way - we have lost the connection to the "thinking" part of our brain. This can make communication tricky!

All is not lost!
You can tame the beast!



Give yourself some space, go for a walk, try to identify your triggers and breathe!

Most importantly give yourself a break and be kind to yourself ... You're only human!

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