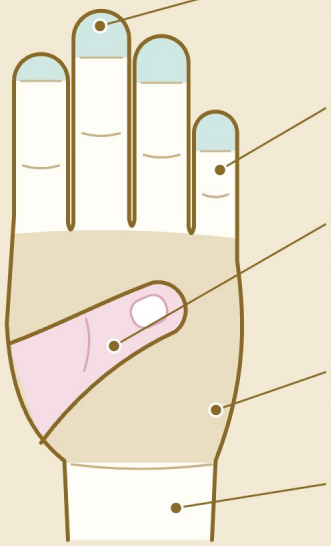
# Flipping *your lid.*

Dr. Daniel Siegel's hand model is a simple way to picture your brain when stress gets too big. Try it: fold your thumb into your palm, then curl your fingers over it.

## Your brain in your hand



**Fingertips**
### Prefrontal cortex
Thinks, plans, names feelings and calms the alarm.

**Fingers**
### Cortex
The thinking, sensing outer layer.

**Thumb**
### Limbic area
Emotion, memory and the alarm (the amygdala).

**Palm**
### Brainstem
Heart rate, breathing, alertness.

**Wrist**
### Spinal cord
Messages between brain and body.

## Lid on



The thinking brain is online and can calm the alarm. You can reason, name feelings and choose.

**Inside your window**

## Lid flipped



Stress gets too big and the fingers lift. The alarm runs the show: fight, flight or shut down.

**Outside your window**

## Why lids can flip faster for ND brains

It is a nervous-system response, not a choice.

**More load, less room**
Daily demands and social effort fill the cup, so the window is often narrower.

**Sensory overload**
Noise, light, touch or crowds can trip the alarm fast.

**Masking drains the lid**
Holding it together all day tires the thinking brain, so the lid may flip later.

## Putting the lid back on

Helping someone? Fewer words, no questions, stay calm nearby.

1. **Safety first**
Space, calm voice, no demands.

2. **Reduce input**
Dim, quiet, fewer people.

3. **Body before words**
Slow out-breath, move, pressure.

4. **Name it later**
Talk it through once calm.

Hand model of the brain: Dr. Daniel J. Siegel, popularised in *Mindsight* (2010). A simple teaching picture, not an exact map of the brain.