



Growing through times of change

Week 6 Reflection



St Paul's
LUTHERAN CHURCH BOX HILL

Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Loving God,

Thank you for the amazing creation of our triune brains.

Help us to break free of old patterns and to chose new ways of thinking and being.

Amen.

*We are constantly receiving messages from our brain guiding our behaviours, thoughts and emotions, but many of these have become a default rather than a choice. We need to develop *psychological flexibility* to grow and stretch our brain in ways that can help us cope with the demands that we face in new and creative ways.*

Our brain has 3 main parts that constitute our Triune Brain:

- *The brain stem* whose key role is survival and maintaining basic body functions.
- *The limbic system* whose key role is to manage social and emotional wellbeing.
- *The cortex/prefrontal cortex* whose key role is to enable us to function at a conscious level.

These are highly interconnected and interdependent. It is extremely helpful to be able to notice the different messages and how the parts communicate to each other.

Many of the difficulties and issues we face such as anxiety and depression stem from having practiced interpreting messages in a certain way without bringing awareness to them.

An all-of-brain approach involves noticing the messages from all three parts of the brain and choosing to respond to them differently

Our brains are designed for change and growth and so the ability to observe, evaluate and moderate the messages from the different parts of the brain and alter the way they speak to each other, can significantly improve wellbeing.

Your brain is completely unique to you. You are the expert of your own self and experience. For you to be able to utilise the best of your brain requires tapping into that expertise. It requires you coming to know the patterns of your own body, emotions and thoughts, listening to what they are telling you and helping them work together to be the very best version of yourself.