

Are You Out Of Your Mind?

Have you ever been accused of being out of your mind? The actual state of being *out of one's mind* results in anxiety, depression, anger, and frustrated relationships. Therefore, the opposite is also true. When you are in your mind (integrated) you experience well-being, happiness, and satisfying relationships.

Einstein said: "It's a delusion that individuals are separate selves," yet the education system and businesses teach and promote an individualistic approach to success. Rugged individualism, etc.

In fact, relationships create us, not just shape us. Assuming the verity of the previous statements, it becomes a critical function to understand and develop emotional intelligence so our well-being can be maximized.

The fundamental meaning of being human is connecting with other humans. The connection between others starts with the integration within our plural selves.

In order to understand the plurality of the individual, one must understand the difference between the mind and brain. Our mind drives the integration process of the brains. Its sole function is to create unity within the whole.

Our brains constitute, from top down, the neocortex, the limbic system, and the body. These three entities are designed to work in harmony (integrate) with each other. When they do, the human achieves maximum well-being: spiritual, physical, and emotional.

When fragmented, all three suffer and well-being is vacuumed out of the human. Research shows that people who have unusual level of stress (a fragmentation of the system) can lose up to 10 years of life.

Here are a few definitions for clarity.

Mind: the innate drive to integrate all the brains; it's what goes on between the brains.

3 brains: *Neocortex* – prefrontal cortex, anterior cingulate, orbitofrontal, etc.; *Limbic system* – amygdala, hippocampus, thalamus, brain stem, etc.; *Body* - heart brain, lungs brain, kidneys brain, genitals brain, intestines brain, spleen brain, etc.

Self-awareness or mindfulness – a balance of the brains, the ability to mind map one's own system.

A Brain Handout

Holding your arm up to the square, fingers extended, point at the forearm, this represents your body brains (lungs, hearts, kidneys, genitals, digestive system, etc.)

The wrist represents the spinal column, which is the highway on which the messages between the upper and the lower brains communicate.

The palm is the brain stem, which is responsible for consciousness, sleep, heart rate, breathing, and eating, the oldest part of the limbic system and known as the reptilian brain.

The thumb represents the limbic system that includes the amygdala, thalamus, and hippocampus. This is also referred to as the mammalian brain and differentiates mammals, which can love, bond, and show affection, from reptiles that cannot.

The fingers are the neocortex and when placed over the thumb (midbrain) represent the entirety of the integrated human working in harmony. (Close your fingers over your thumb, which is situation in the palm, just above the brain stem.)

Assuming the human is triggered (flooded), the midbrain explodes and excludes the cortex from the communication process (flip your fingers into a vertical

position). This represents the human who has flipped his lid, fully triggered. His mind is blown and the drive to connect (integrate) is temporarily put on hold.

Just like an addict who acts out and then isolates, a triggered mind isolates all the individual brains. Such a person is metaphorically out of their mind. The limbic brain sends blood and essential nutrients to the major muscle groups by pulling resources from the other brains; neocortex, the heart, lungs, kidneys, genitals, spleen, and brainstem.

Consider the impact on the physical body when the essential blood supply and nutrients are withheld from the body brains. Irregular sleep, heart disease, high cholesterol, constant headaches, anxiety, depression, reduced libido, and a numerous other maladies associated with a fragmented human who lives out of their mind.

The first step to well-being is mindfulness or self-awareness of our system (interoception). The irony of this short explanation is the billions of dollars lost to corporations because they are more concerned with hard numbers at the bottom of the P&L without connecting that the individual well-being of each employee collectively increases productivity and profits.

The culture is a macrocosm of the individual and when the culture is fragmented, employees are disenfranchised, lack trust, commitment, and motivation to produce.

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