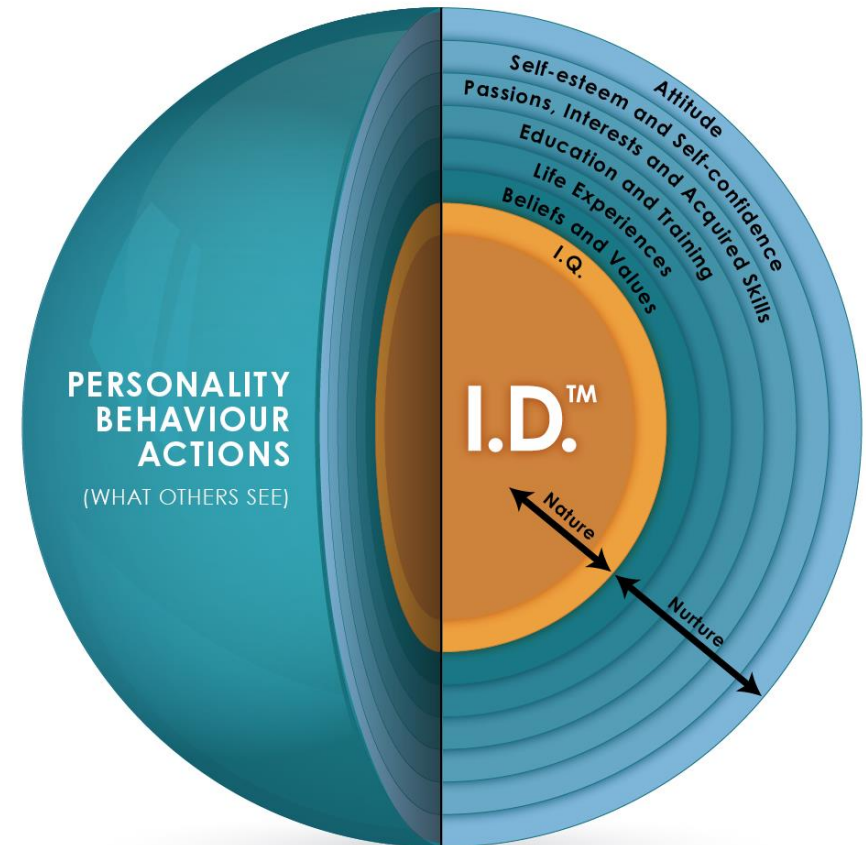
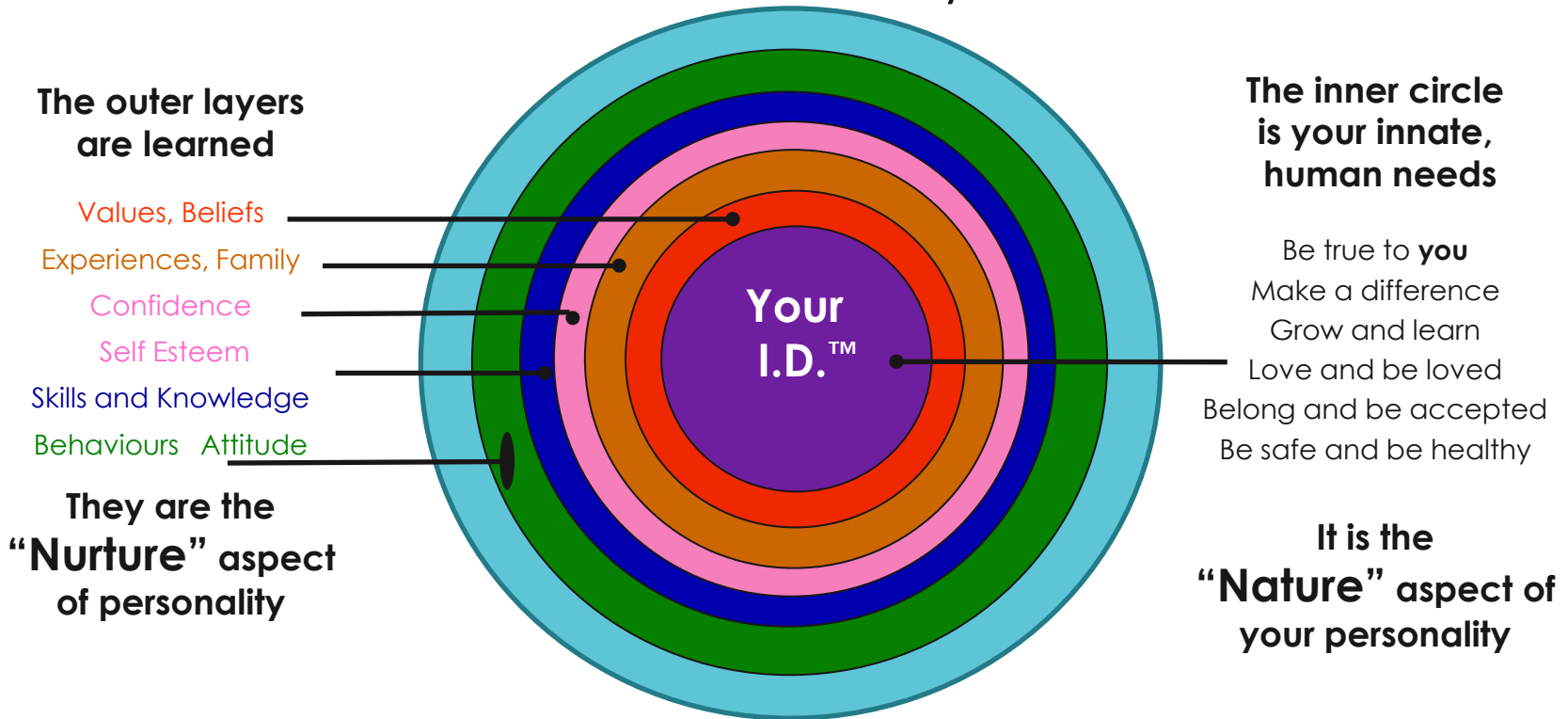


# The Onion Skin Model



# THE ONION SKIN MODEL

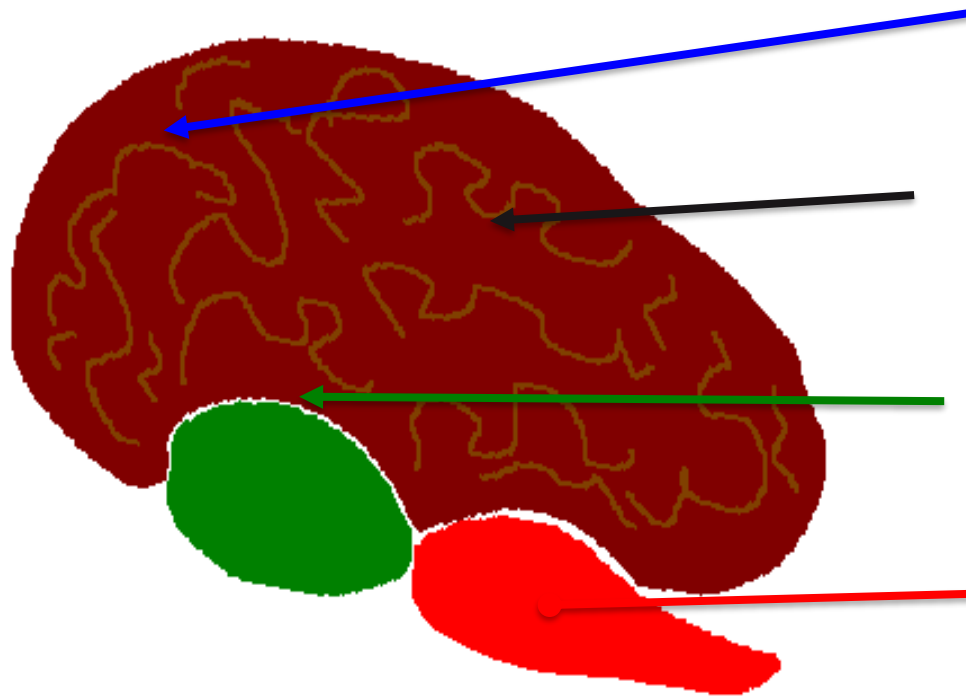
Your Personality



Your I.D.™ **DRIVES** your personality  
Your **“Onion Skins”** shape your personality

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# The Triune Brain



**Neo Cortex** (Frontal Lobe)  
Creative thinking, Planning,  
Imagining, Analysing

**Cortex**  
Movement, Wilful Tasks,  
Calculating, Writing

**Mid Brain or Limbic System:-**  
Emotions, Immune System  
Long Term Memory

**Brain Stem or Reptilian  
System**  
Survival Systems:  
homeostasis, circulation,  
digestion, breathing.  
Defence Systems:  
Run Away, Hide, Attack:

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# The Body's 7 Reactions to perceived stress.

1. **Energy Mobility ( sugar dump into blood stream)**
2. **Cardiovascular Ramp up ( Bp, HR, Respiration)**
3. **Suppressed Digestion**
4. **Supressed reproduction**
5. **Supressed growth**
6. **Enhanced Immune response**
7. **Enhanced sensory reception, cognition, awareness.**

**If not relieved (acted on) these stress reactions cause/lead to:**

1. **Hypertension**
2. **Heart Disease**
3. **Onset Diabetes**
4. **Hyper-Immunity**
5. **Obesity**
6. **Anxiety/ Depression**
7. **Cancers**

*Dr. Robert Sapolsky*

<https://www.youtube.com/watch?v=ORthzIOEf30>

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# Your I.D.™ First Aid Kit

## Managing Stress with your I.D.™

1. **Recognize** potential stress situations & **Prepare** for them.
2. If caught off guard, **recognize** your **Early Warning Symptoms** (catch it sooner).
3. **STOP! BREATHE. RESET.** Get bigger than now. Put attention 'out'
4. What **I.D.™ Needs are missing?** How could you put them back?
5. What **I.D.™ Needs are present**, being met? How can you leverage them?
6. **Who** else can either **help** you or **use your help?**

