

# SURVIVAL BRAIN *vs* WISE BRAIN



## SURVIVAL BRAIN

*Brain stem, limbic system,  
parts of the left brain*

This region is **wired to alert you to danger** to keep you alive.

Left unchecked, it produces an excess of negative emotions (stress, anxiety, anger, frustration, mental chatter) that erode your wellbeing and performance.

Activating this region results in the release of the stress hormone cortisol.



## WISE BRAIN

*Middle prefrontal cortex, "empathy  
circuitry", parts of the right brain*

This region is **wired for creativity**, big picture awareness, response flexibility, and wise action.

It produces positive emotions (empathy, compassion, gratitude, curiosity, creativity, focus) to help you navigate difficulties.

Activating this region results in the release of endorphins that counter the negative impacts of cortisol.

