**Resilient Brain**

A *resilient brain* is one that encourages self-acceptance, self-compassion, flexibility; leading to self-regulation.

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**Critical Brain**

A *critical brain* is one that is harsh, judgmental, and rigid; leading to feeling stressed and overwhelmed.

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**Resilient Brain**

- Optimistic
- Energetic
- Mindful
- Engaged
- Open
- Adaptive

**Critical Brain**

- Defeated
- Accusatory
- Frustrated
- Indifferent
- Withdrawn
- Overwhelmed