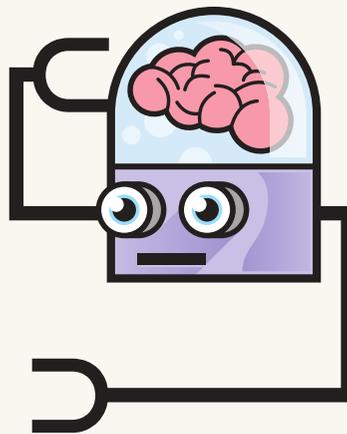


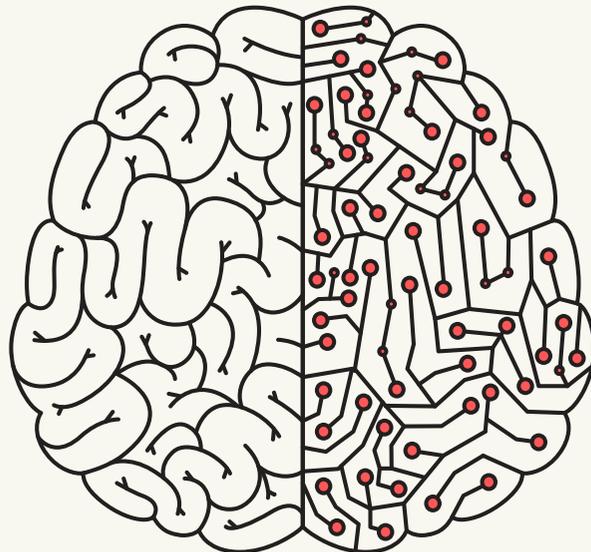
NEUROPLASTICITY!

*The coolest thing about your brain that you
have probably never heard of*



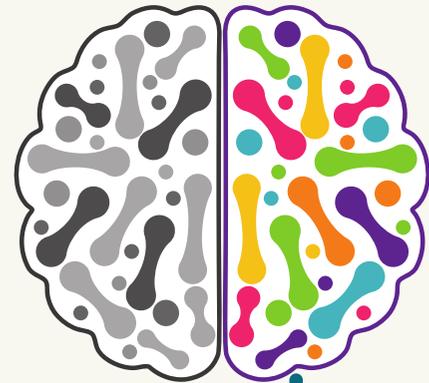
What is It?

Neuroplasticity is the brain's ability to form new connections and pathways and change how its circuits are wired.



Why does that Matter?

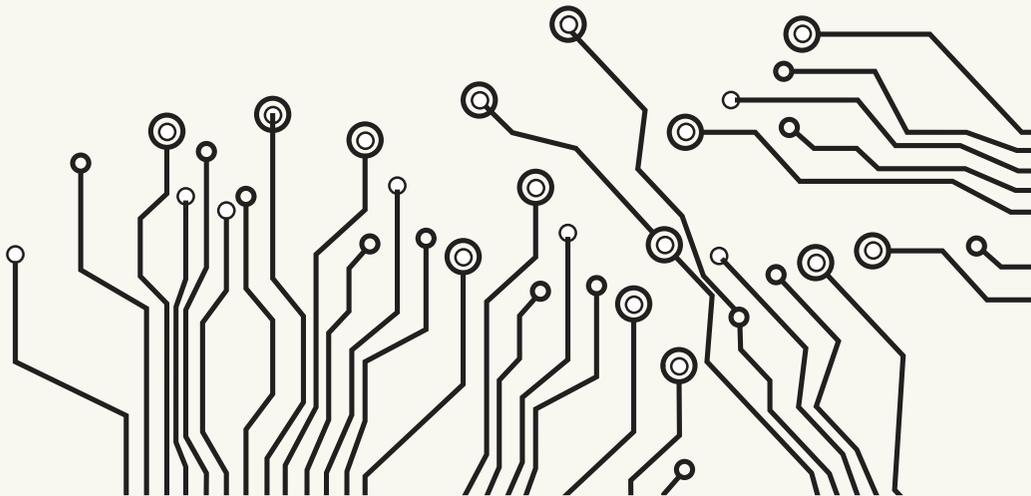
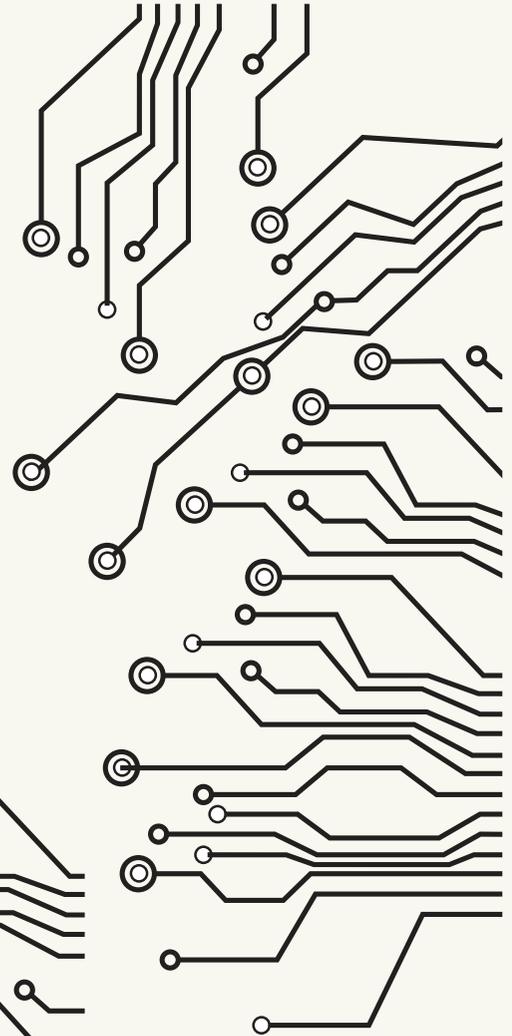
Scientists used to believe that our brains were hard wired after a certain point.



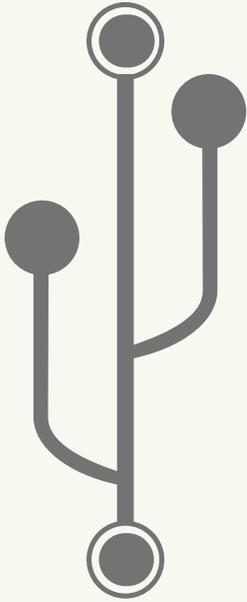
That is totally not true! Your brain is adaptable, flexible, and stretchy for almost your whole life... like plastic. You can make plastic into just about anything

Cool, so why should I care?

**Because it
means you can
re-wire your
brain!**



Wait, how it is wired now?



Well traveled circuits, the ones we use a lot, strengthen with use.

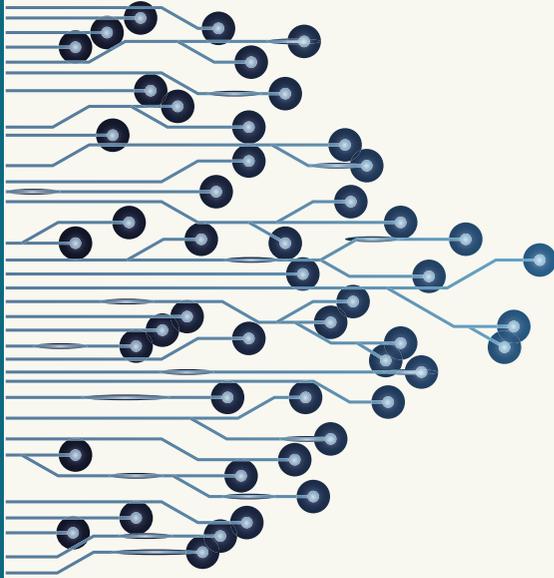
This is why habits are hard to break, because we have made circuits for certain thoughts, feelings, behaviors, etc well traveled paths that send info super fast. BUT...

New Choices

Create

New Circuit Paths!

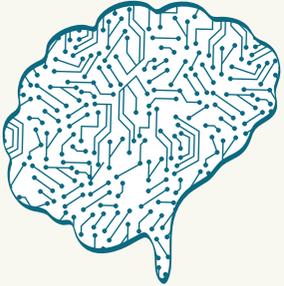
Why are new circuits good?



Because some of our well traveled circuits may have been strengthened towards habits we don't like or are not good for us

Neuroplasticity means with repeated and dedicated attention to a new action, feeling, or behavior we can actually re-wire our brain. We can strengthen that new path and weaken the old one if we want to change, or grow, or learn something new, or shift a habit we don't like.

Neuroplasticity means change is always possible



You are not a fixed set of abilities. You are not done growing at a certain age. You are capable of profound change throughout your entire life.

You have far more control over your emotions, behaviors, skills, and choices than you might think. That doesn't mean having control is easy, it is definitely not. It can really suck. Growth and change take a lot of patience and focus.

Neuroplasticity means there is no, "Well, this is just how I am." There might be scared you, unsure you, vulnerable you, but there is no fixed you. Go make a new pathway you little badass.