

NEUROPLASTICITY

A TINY GUIDE



SOURCE MATERIAL BY
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**CREATING
A CULTURE
OF DIGNITY**

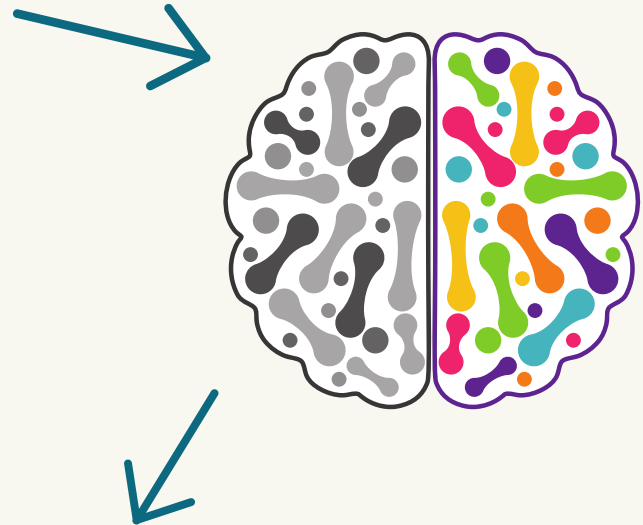
NEUROPLASTICITY

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 didn't change after childhood.



This isn't true! Your brain is adaptable, flexible, and stretchy for almost your whole life... like plastic.

People make all kinds of different things with plastic because it can be shaped into pretty much anything.



You aren't a fixed set of abilities.



You aren't done growing at a certain age.

You're capable of profound change throughout your entire life.



An abstract graphic on the left side of the image, consisting of white lines that resemble a circuit board or neural pathways. These lines branch out and connect to small orange circles, some of which are also connected to larger white circles. The pattern is dense and intricate, extending from the bottom left towards the center.

COOL, SO WHY SHOULD YOU 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.

For better or worse, this is why habits are hard to break.

Because we have made circuits for certain thoughts, feelings, and behaviors, they become the first signal our brain gets and the first thing we do.



BUT THAT'S NOT ALL....

New Choices

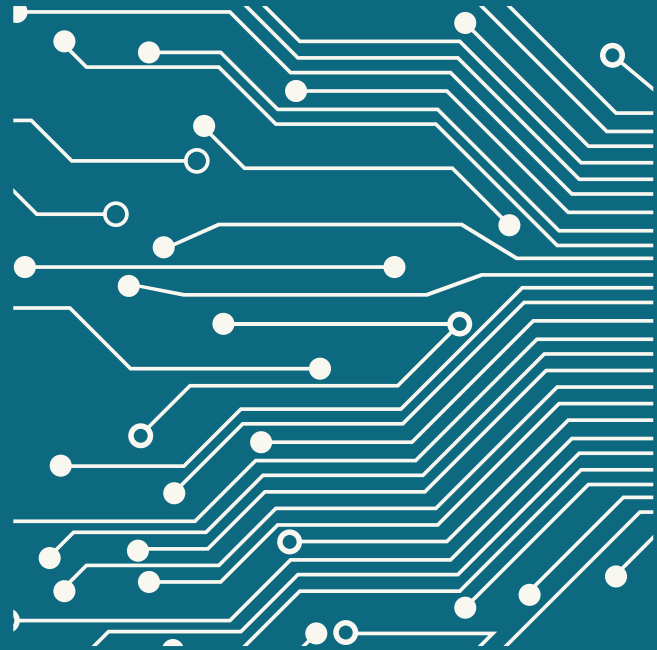
Create

New Circuit
Paths!



WHY ARE NEW CIRCUITS GOOD?

Because some of our
well traveled circuits
may have strenghtened
towards habits we don't
like or aren't good for
us.



Neuroplasticity means
with repeated and
dedicated attention to a
new action, feeling, or
behavior **we can actually
re-wire our brain.**



**If we want to learn,
grow, or change a
habit we don't like, we
can strengthen a new
path and weaken an
old one.**



NEUROPLASTICITY
means change
is always
possible.





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 isn't.

Growth and change take a lot of patience and focus.



Neuroplasticity means there's
no "*Well, this is just how I am.*"

There might be a scared you,
unsure you, vulnerable you,
but there is no fixed you.

So go make a new pathway!



YOU MATTER.

YOUR EMOTIONS MATTER.

OTHER PEOPLE MATTER.

