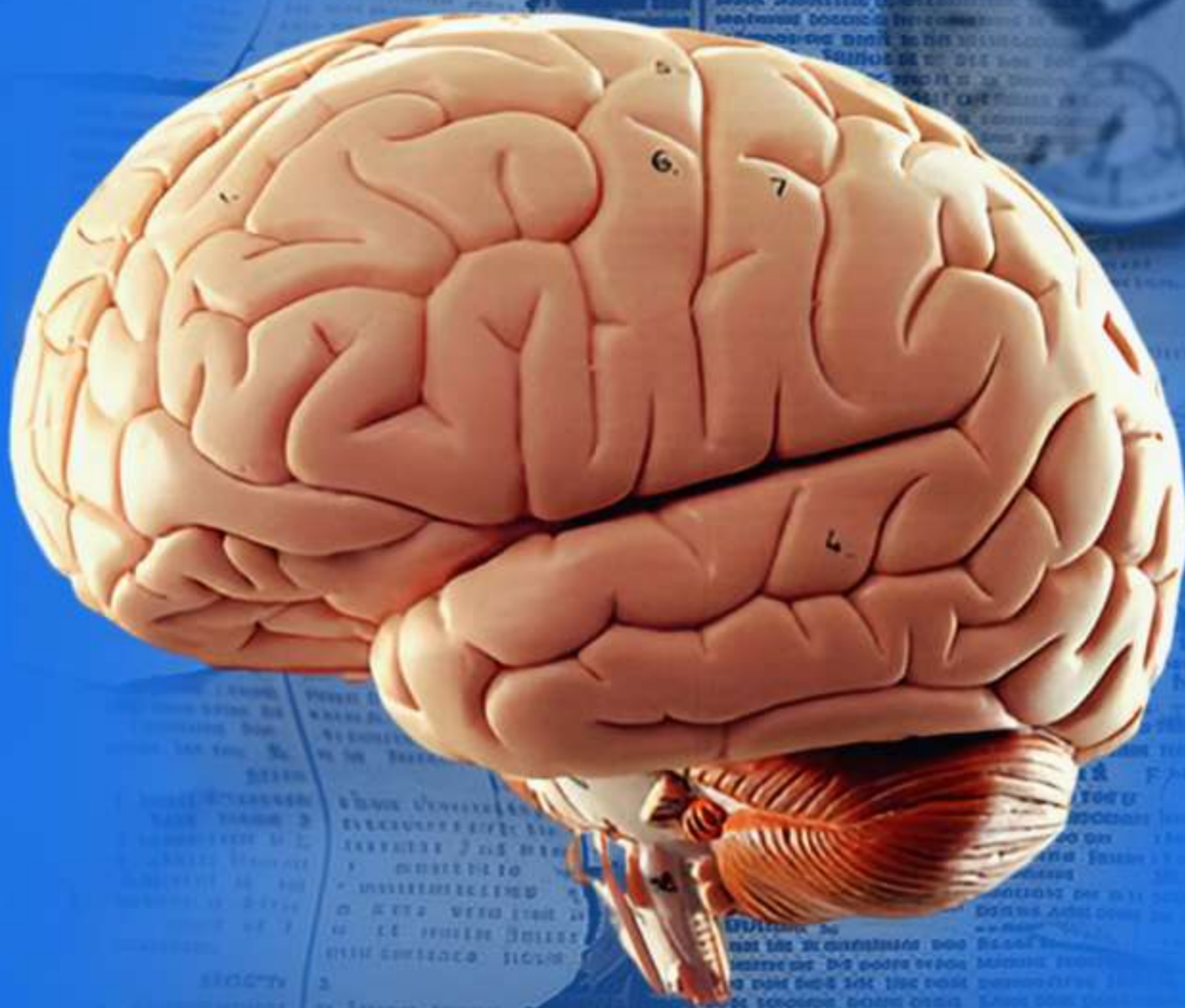


NEUROPLASTICITY

HOW TO REWIRE YOUR BRAIN



What Is Neuroplasticity?

Neuroplasticity is your brain's ability to change its structure and function throughout your life.

Yes — our brain is not fixed. It evolves with our thoughts, actions, and experiences.



Your Brain Is a Muscle

Every time you learn, repeat a behavior,
or shift your thinking —
your brain physically changes.

New connections form. Old ones weaken.
You're always rewiring.

Example



Learning an instrument
boosts memory centers

Learning a language
thickens grey matter



Meditation reshapes areas
tied to attention & emotion

Types of Neuroplasticity

- **Structural:**

Physical brain changes (like neuron growth)

- **Functional:**

Brain areas taking over new functions
(common after injury or trauma)



These forms of plasticity are especially important in recovery and therapy.

Neuroplasticity in Healing

Rewiring After Trauma & How to Boost it

Even in trauma, your brain can adapt. Therapy and mindfulness help rewire painful thought patterns.

You can actively support this process by:

- Learn something new
- Get regular exercise
- Meditate
- Sleep well
- Stay socially active

Tip: Do more of what challenge your brain, kindly.



You're Not Stuck—You're Rewiring

Feeling stuck isn't the end—It's your brain's way of asking for new input.

With intention, you can create new pathways.

In Other Words:

- You can break bad habits
- You can learn resilience
- You can change how you think and feel

You are never too old or broken to change.



Mini Quiz Time!



Question 1.

Which statement is MOST aligned with current research on neuroplasticity?

- A Structural changes in the brain only occur before adolescence
- B Trauma permanently halts all plastic changes
- C Adult neurogenesis happens primarily in the hippocampus
- D Neuroplasticity declines after age 25 and cannot be recovered





Question 2.

Which mechanism underlies long-term potentiation (LTP), a cellular model for neuroplasticity?

- A Decrease in neurotransmitter release at the synapse
- B Structural elimination of weak dendritic spines
- C Repeated stimulation causing strengthened synaptic connections
- D Genetic mutations altering neuron excitability





Question 3.

Which brain imaging finding would MOST strongly suggest structural neuroplasticity in an adult?

- A Increased blood flow in the prefrontal cortex during a task
- B Larger grey matter volume in bilingual individuals' language centers
- C Higher dopamine levels after completing a puzzle
- D Enhanced reaction time in decision-making tasks



Want to learn more?

Watch our **Neuroplasticity video on YouTube** — scan the QR code below to watch now!



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