

## Neuroplasticity

Neuro - brain

Plasticity - bend, reform, bouncing back (recovering)

Brain is constantly making new pathways between actions and thoughts and what needs to be done.

As you repeat an action it becomes second nature

Driving - in the beginning it is difficult, but it becomes easiest

Throughout your lives you can make new pathways

Two times in human lives where your neurons get rewired:

- 3-6: language skills, walking
- 13-18: social values, conflict, independence, self confidence

Huge opportunity because it makes easier to change paths that you don't want to walk anymore.

First thing is identifying the habit that you want to change.

i.e.: procrastination, get on the defensive when arguing, addiction

Keeping your brain healthy - there are ways to increase neuroplasticity

1. Keeping brain physically healthy - diet, exercise
2. Getting out into nature - active, sets you into mindfulness, keeps you focused
3. Learning - new and novel activities
4. Sleep
5. Stimulating environments
6. Positive social interactions
7. Play - act of playing for a few minutes
8. Repetition of positive activities - including mental activities
9. Mindfulness
10. Sense of purpose of value

People choose comfort, but that doesn't always equate to positive living. Stepping out of comfort helps to create positive pathways.

All behaviors are created out of a need. Where you realize that what you are doing is not working for you - you can start to change those pathways.

Closing question:

Is there a behavior or thought process that isn't working for you?