

NEUROPLASTICITY

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

NEUROPLASTICITY

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



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 then the first thing we do.



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

