

Neuroplasticity

Neuroplasticity is a big word for the brain rewiring itself over a lifetime — it deletes the connections that are no longer necessary or useful and strengthens the ones that are. The brain decides this depending on life experiences and how recently connections have been used. Neurons can grow weak from underuse and die off.

When we suffer trauma or injury, an uninjured part of the brain takes over for the damaged part. Depression and addiction makes my brain work too hard! When I practice self-care every day, my brain will start rewiring itself for healthy actions instead of addictive ones. ...

I will practice self-care today, taking action to help my brain heal itself.

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10 PRINCIPLES THAT DRIVE NEUROPLASTICITY

What is Neuroplasticity?
The brain's ability to change, adapt, and regenerate following a neural injury such as after a stroke or a traumatic brain injury.

- AGE MATTERS**
Younger brains adapt and change more easily
- INTENSITY**
Need the right amount of physical activity to cause brain changes
- SALIENCE**
Has to be motivating and important to that person
- TRANSFERENCE**
If you practice something in a nearby area of the brain, it will transfer to other areas of the brain
- TIME MATTERS**
Waiting too late to start the activity means a decreased capability to change
- REPETITION**
You have to practice a lot of times to see neural changes
- INTERFERENCE**
Sometimes new plasticity can be delayed
- SPECIFICITY**
Plasticity is experience specific to the individual
- USE IT OR LOSE IT**
Neural circuits not actively engaged will start to atrophy or degrade

USE IT AND IMPROVE IT