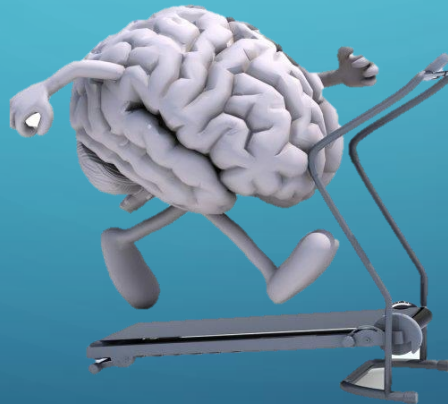


NEUROPLASTICITY

- **Neuroplasticity is the ability for the brain's nerve cells to make adaptive changes on both a structural and functional level.**
- **Our central nervous system has the ability to recover and adapt after a brain injury. Brain cells can change in response to internal and external factors and can have negative or positive influence throughout our life.**

Ways to improve our brain function:

- **Challenging mental activities**
- **Physical exercise**
- **Healthy diet**
- **Relaxation or meditation techniques**



Things to remember:

- **Initial changes are temporary, so you have to do it over and over again.**
- **Brain plasticity can be positive or negative – avoid unhealthy activities and encourage healthy habits!**
- **Neurons that fire together wire together – so keep working on it!**