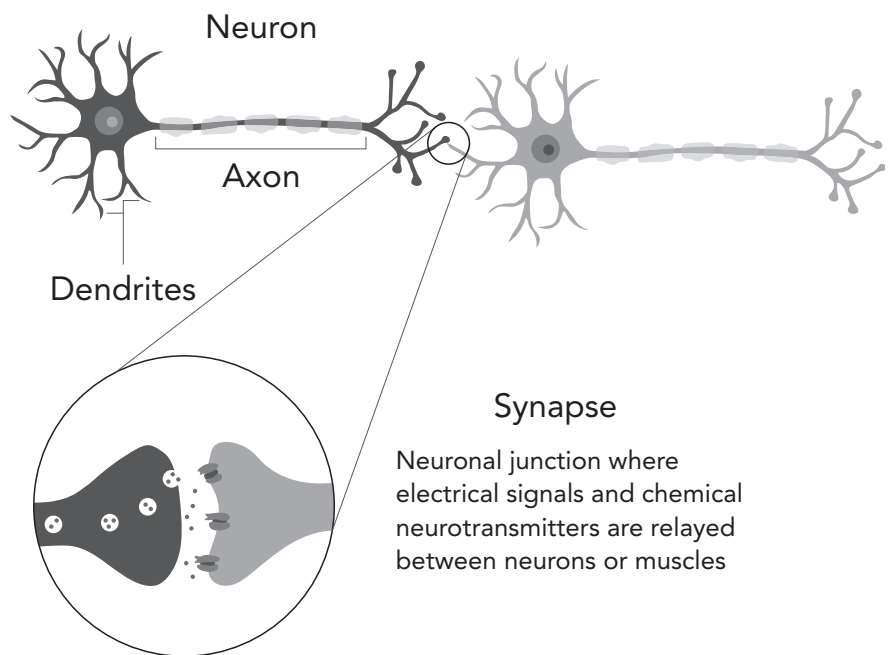


# Rewire

Break the Cycle, Alter Your  
Thoughts and Create Lasting  
Change

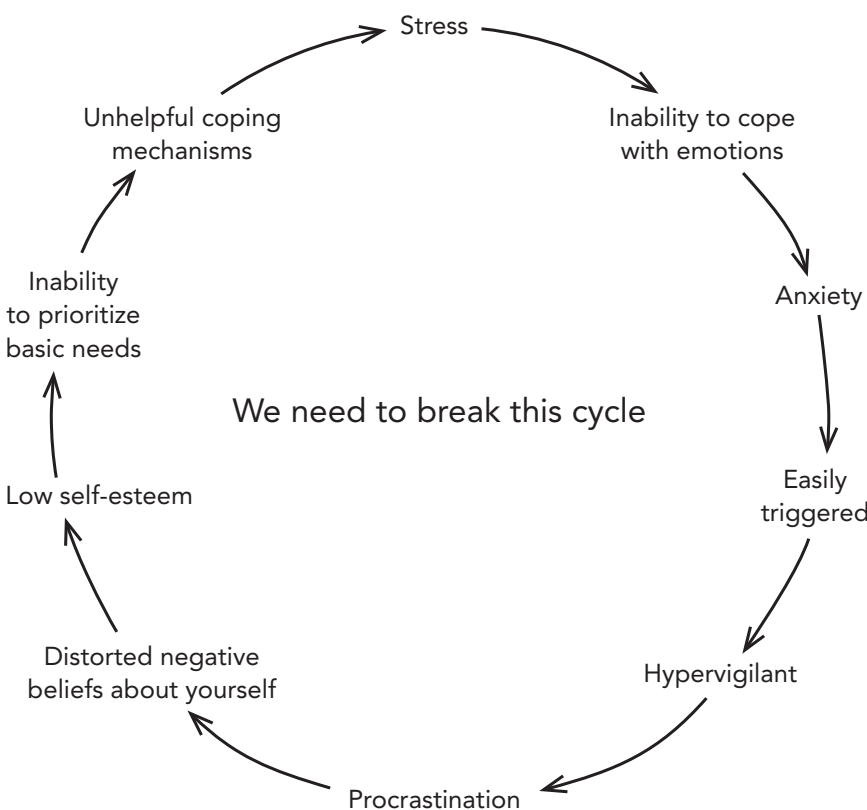
NICOLE VIGNOLA



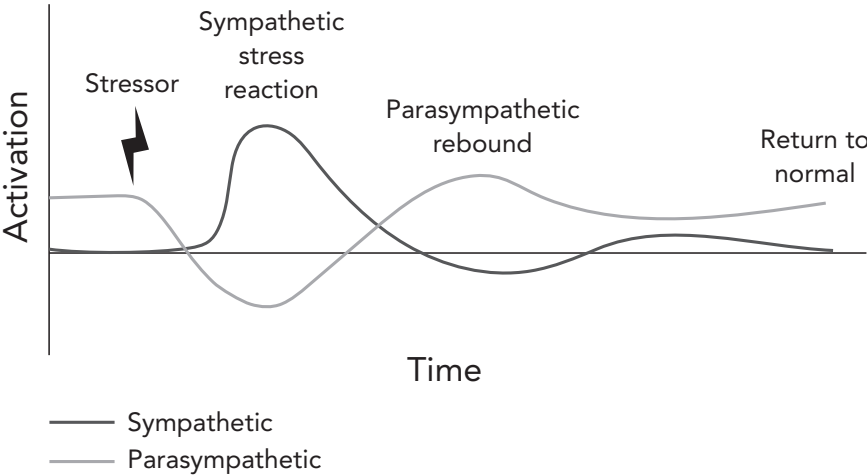


[biotech.ucdavis.edu/blog/neuroplasticity](http://biotech.ucdavis.edu/blog/neuroplasticity)

# Break the Cycle

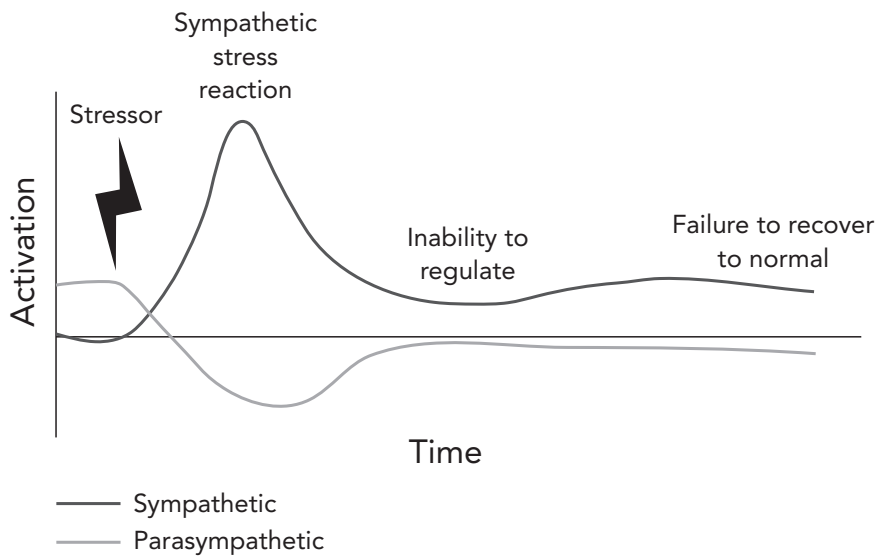


Mild acute stress reaction



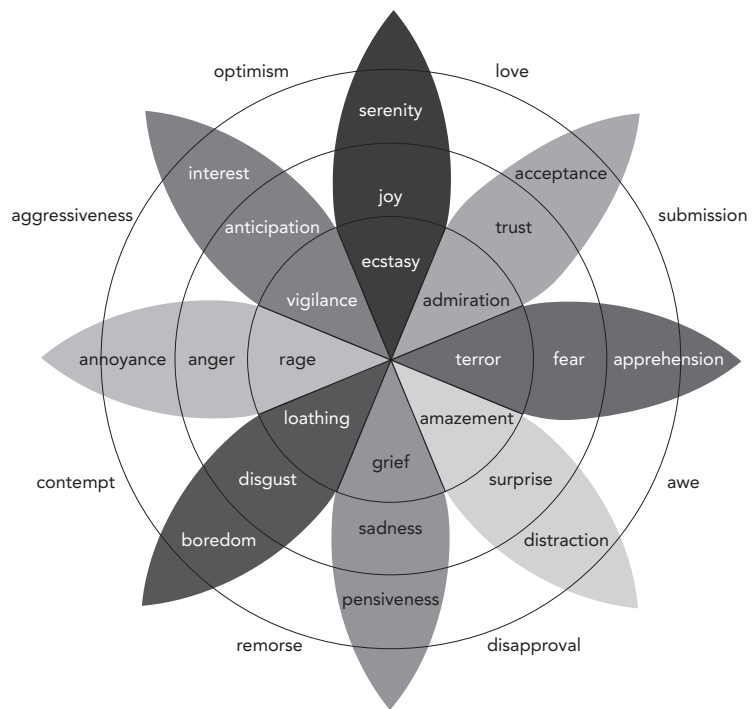
Adapted from: Payne, Levine & Crane- Godreau, 2015. *Front. Psychol.*

Chronic stress response

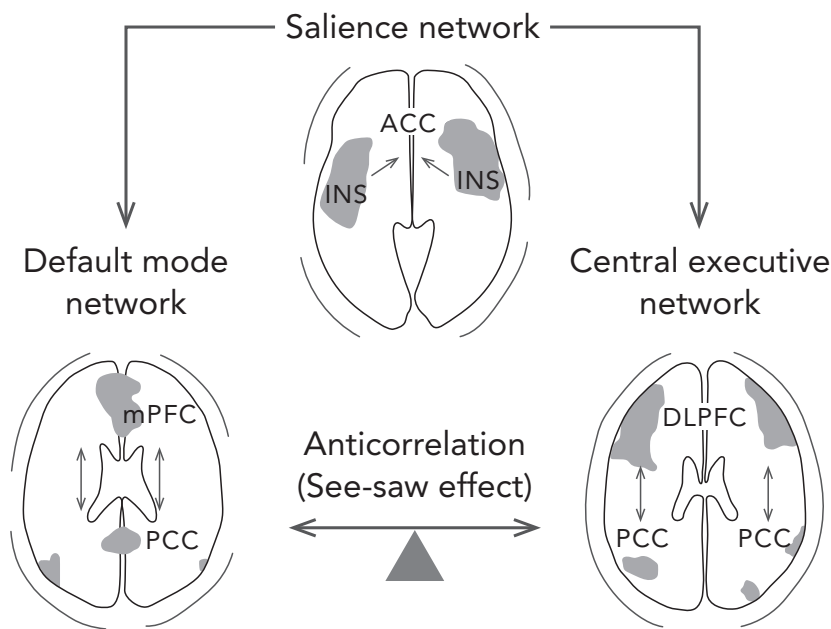


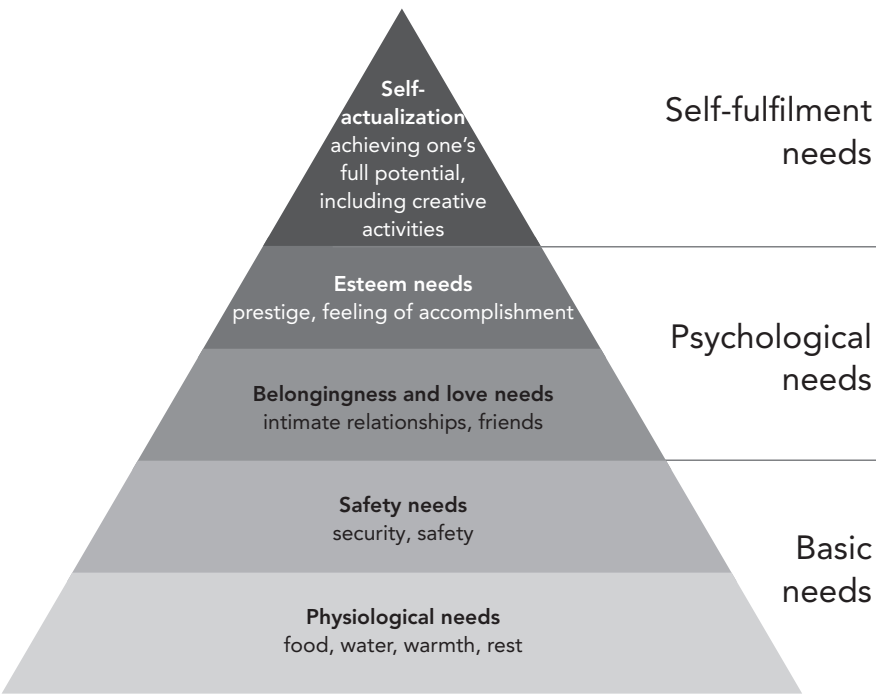
Adapted from: Payne, Levine & Crane-Godreau, 2015. *Front. Psychol.*

The Wheel of Emotions

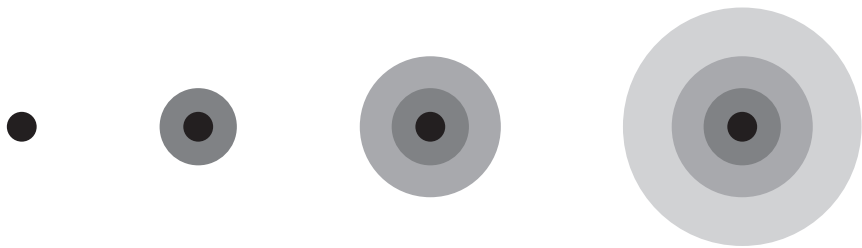


Ditch the Negative





*Your brain will rewire itself to adapt to a new reality  
and you will slowly start to find acceptance of what  
you've lost.*

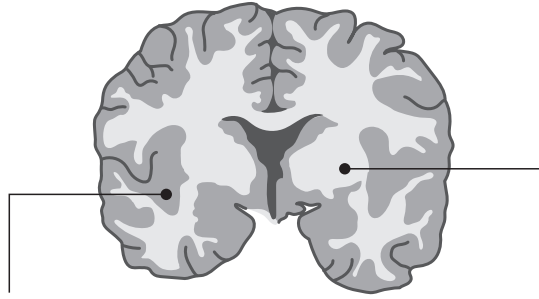


Over time the brain rewires itself around the grief  
to accept a life without what was lost

Adapted from: @Thepsychologymom



## Your Muscles Communicate Directly With Your Brain



### Grey matter

- Contains most of the brain's neuronal cell bodies
- Fully develops once a person reaches their 20s
- Involved in information processing
- Involved in higher-order thinking: perception, memory, learning and decision making
- Able to rewire

### White matter

- Made up of bundles which connect various grey matter areas
- Develops throughout the 20s
- Interprets sensory information from various parts of the body
- Acts as a communication network, facilitates the transfer of information across various brain areas
- Able to rewire

## Your Muscles Communicate Directly With Your Brain

### Zone 1

Very light activity – warm up/cool down

### Zone 2

Light activity – slow-paced jogging, walking up a flight of stairs,  
lightweight low resistance

### Zone 3

Moderate activity that increases aerobic endurance –  
moderate jogging or cycling

### Zone 4

Hard anaerobic activity – ball slams, boxing,  
interval running or heavy weight-lifting

### Zone 5

Extremely hard maximum-exertion activity –  
sprinting or Tabata, all-out effort