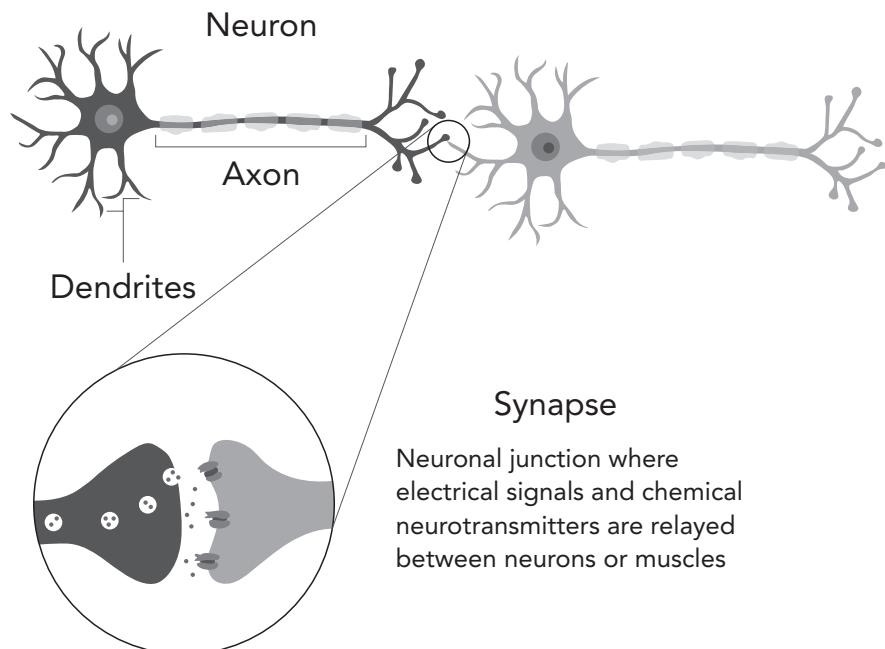


Rewire

Break the Cycle, Alter Your
Thoughts and Create Lasting
Change

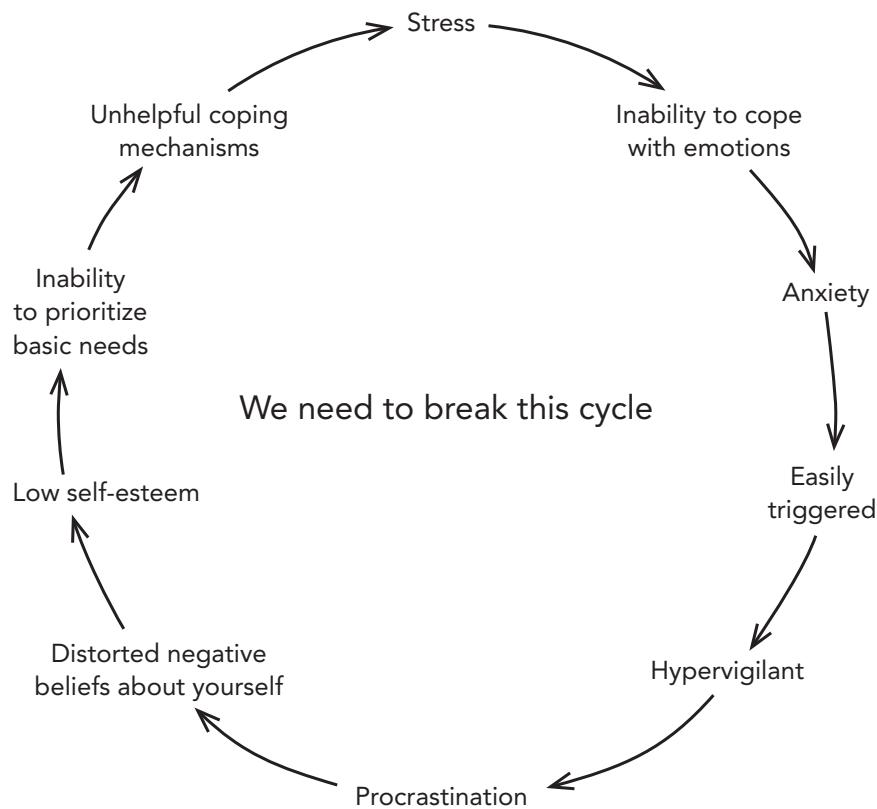
NICOLE VIGNOLA

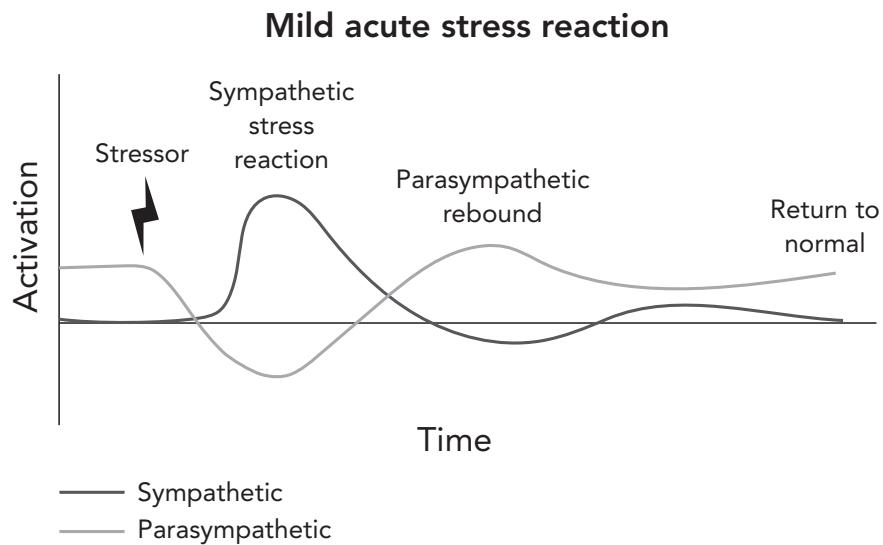




biotech.ucdavis.edu/blog/neuroplasticity

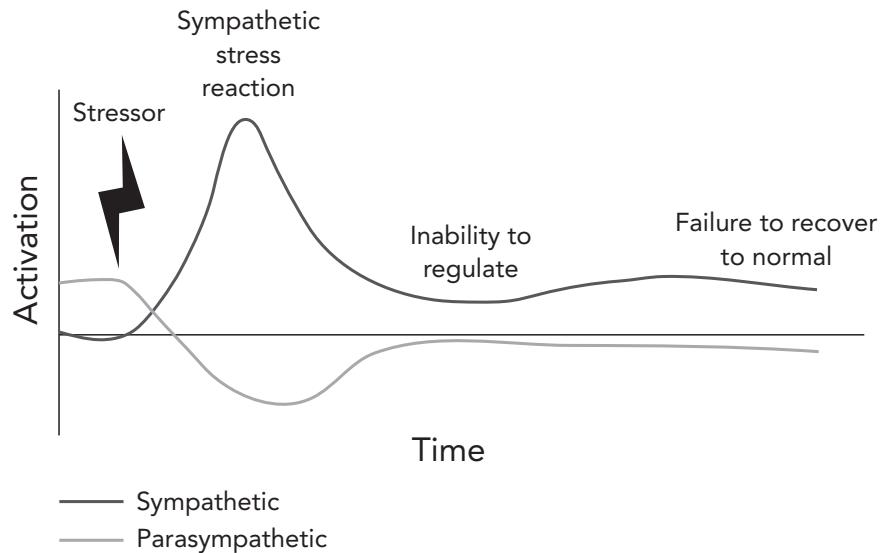
Break the Cycle





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

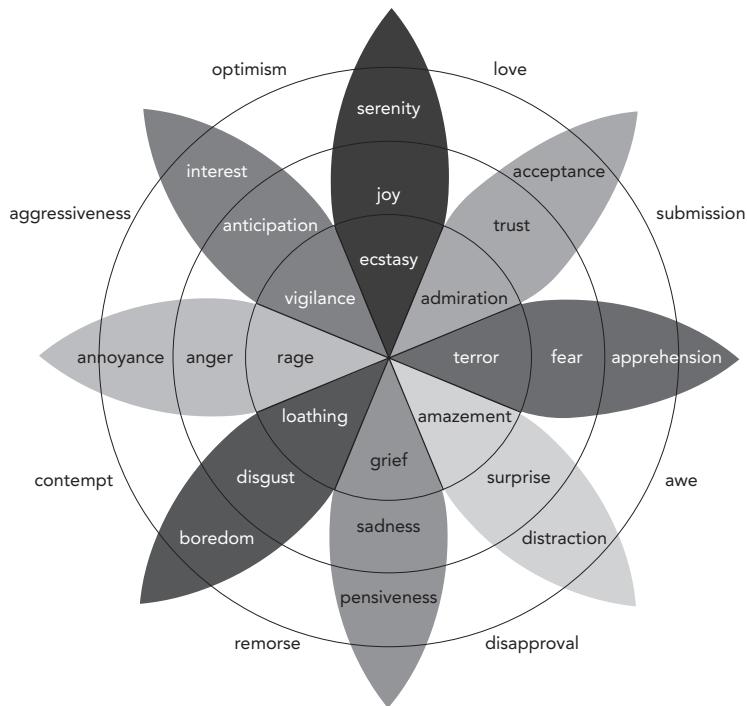
Chronic stress response



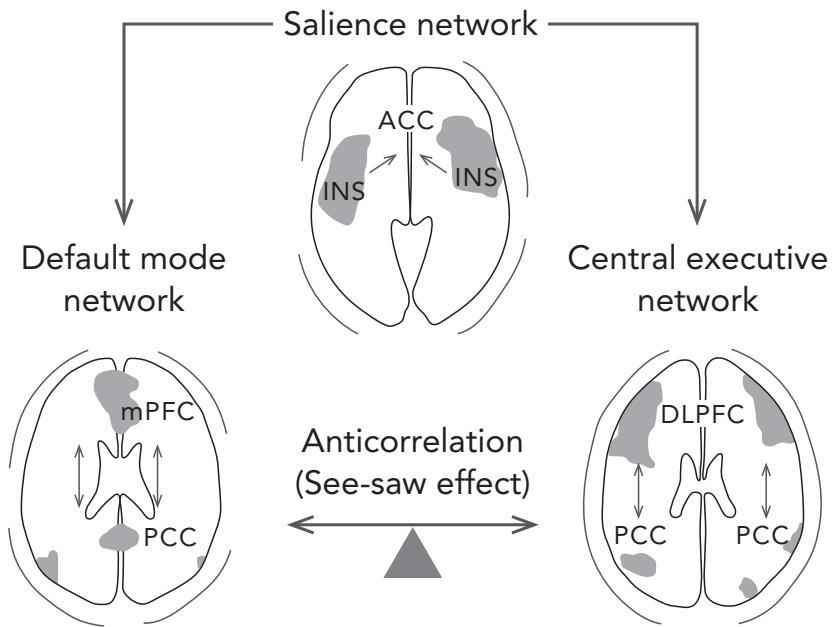
Adapted from: Payne, Levine & Crane-Godreau, 2015. *Front. Psychol.*

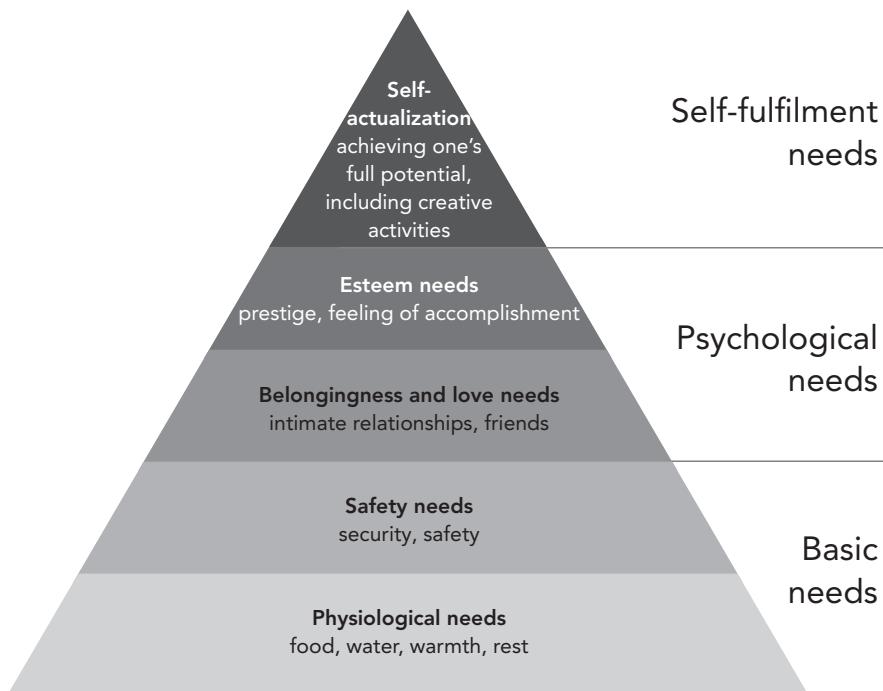
Break the Cycle

The Wheel of Emotions

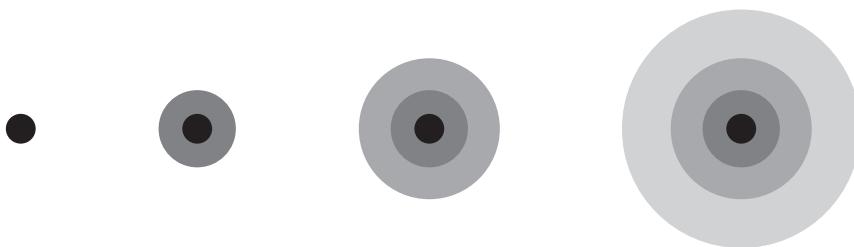


Ditch the Negative





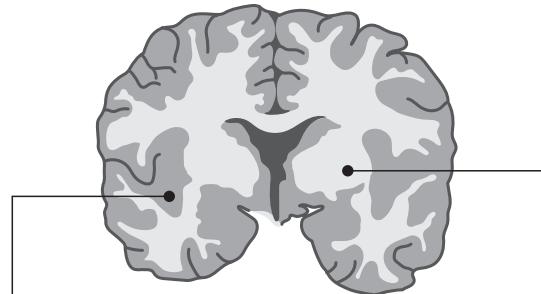
*Your brain will rewire itself to adapt to a new reality
and you will slowly start to find acceptance of what
you've lost.*



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