

NEUROPLASTICITY CAN RESULT FROM:



Traumatic Events



Stress



Social Interaction



Meditation



Emotions



Learning



Paying Attention



Diet



Exercise



New Experiences

THE **BRIGHT** AND **DARK** SIDES OF NEUROPLASTICITY



Neuroplasticity makes
your brain resilient.

Neuroplasticity enables you to
recover from stroke, injury,
and birth abnormalities.

You can learn new ways
of being and responding
to conflict.

In many cases, you can also
overcome depression, addiction,
obsessive compulsive patterns,
ADHD, and other issues.



Neuroplasticity means
the brain is always learning.

But the brain is neutral -
it doesn't know the difference
between good and bad.

It learns whatever is repeated -
both helpful and unhelpful
thoughts, actions, and habits.

Therefore neuroplasticity may
entrench depressive, anxious,
obsessive, and over-reactive
patterns.