

Ways to Improve NEUROPLASTICITY

The main way to improve your Neuroplasticity is to challenge yourself regularly with new activities and experiences...

BREAK ROUTINE...

- Change your route to work
- Turn off the GPS
- Brush your teeth with your *other* hand
- Listen to something new
- Find a new recipe for dinner
- Get enough sleep!
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FEELING ADVENTUROUS

- Sign up for a class
- Learn a new language
- Learn a new instrument
- Go somewhere new
- Take up a new hobby
- Talk to someone new
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Remember: It won't matter how successful you are at these things, it's more about the experience rather than the outcome!

"Your brain will benefit from that no matter how great you are at this new thing you try."
- Dr Tworek