

THE POWER OF NEUROPLASTICITY

Exploring our brain's ability to positively change the way we think and feel through the lessons of neuroscience.



MICRO LEARNING

TAKE 30 MINUTES TO WATCH THESE TWO SHORT VIDEOS ON NEUROPLASTICITY



NEUROPLASTICITY

Change How You Feel by
Changing How You Think



REWIRE YOUR BRAIN

How to Rewire Your Brain for
Mental Strength

REFLECTION QUESTIONS

- How can the concept of neuroplasticity create hope when we are struggling with our mental health?
- How can teaching out community about neuroplasticity support our communities in addressing mental health challenges?
- How can you use your neuroplasticity to enhance your self-care and wellbeing?

NEUROPLASTICITY SELF-CARE ACTIVITY: AFFIRMATIONS

- Take some time to reflect on unhelpful thoughts that we have about ourselves.
- Develop a positive affirmation to reframe that unhelpful thought in a more positive way.
- Look in the mirror and say your positive affirmation every morning.