What is Neuroplasticity?



Neuroplasticity is the ability of the brain to change throughout life.



By exercising persistent and consistent attention, we can develop new pathways in the brain.



There are two types of brain plasticity:

1

Structural neuroplasticity is when the brain's structure changes because of experiences such as learning.

2

Functional neuroplasticity is when brain functions move from a damaged area of the brain to another, undamaged area.

3 Common Aspects of Neuroplasticity

Age and Environment

Certain types of changes happen at specific ages.





It's Always Happening

When we learn, have new experiences, and form new memories.

Brain Plasticity Has Limitations

Unlike playdough, the brain cannot be made anew.



Exercising Your Neuroplasticity

Things like rest and exercise are known to improve overall brain function, including neuroplasticity.

When we enrich our environment, we can strengthen our brain's plasticity.

Activities that boost neuroplasticity include:

- Dancing
- Traveling
- Creating art
- Reading fiction
- Playing an instrument
- Meditation



A Tool to Support Neuroplasticity

The Integrated Listening System (ILS) is a clinical intervention consisting of therapeutically treated music combined with fun movement activities and cognitive challenges to activate brain networks.

Learn more at **integratedlistening.com**

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