

Neuroplasticity

New Edge Science – Joanna Phoenix
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Talking Points

- Neuroplasticity means that our brains can change. “Our brains are made up of billions of neurons. Neurons connect to one another, forming pathways that relay information. We learn things by forming neural connections in response to associations in our everyday experiences.” (60) We can also change the neural pathways in our brain when we form new habits and kick old ones.
- Just as the brain has neural pathways when it comes to physical knowledge, it also has emotional pathways. When we have a constant negative reaction to something we have the ability to change to a peaceful response and rewire our brain. We can strengthen the new neural pathways by practicing and linking new responses to certain parts of our day that would normally evoke a negative emotion, i.e. traffic.
- Keeping a daily gratitude journal is a way to enhance well-being and prosocial behavior as well having positive emotions. Do you keep a gratitude journal? I personally have found that even going through a mental list of things I’m thankful for while going to bed has helped.
- Practicing meditation is a way to enhance compassion and happiness in our lives. The practice helps to reduce anxiety, depression, hostility and contempt. Meditation gave the author the set of skills to guide her transformation because it gave her the ability to take control of her thoughts and emotions.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

TED Talk with Joe Dispenza, DC <https://www.youtube.com/watch?v=W81CHn4I4AM>