



# 5 KEYS TO NEUROPLASTICITY



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# Introduction To Neuroplasticity



## WHAT IS NEUROPLASTICITY?

We all have neuropathways in our brain, pathways that have been formulated long ago; some from inherited conversations and ancestral conditioning, and others from stories we told ourselves as we were developing our personalities. Something happened to us as we were on our journey and we needed to find a way to be with that external stimuli that made sense to our childhood and young adult self. The only rub with this is we are no longer a child. We are grown adults and many of the ways we responded to stimuli at 15 were not effective then, and certainly are not effective now. Neuroplasticity is the ability to change our formulated response to stimuli through growth and reorganization. Through Neuroplasticity, we are able to "retrain the brain" and change the way we respond and the way we think to ultimately become a more effective leader.

## RETRAINING THE BRAIN

As with any physical conditioning, retraining the brain takes lots of consistent practice and development of healthy habits. Just like muscles get flabby when you stop using resistance to strengthen them, your thinking gets foggy and you lose sight of the prize when you cease developing yourself. There are five keys of focus when retraining the brain, which include: Sleep, Mindfulness, Nutrition, Novelty, and Exercise.

**Lets get started...**

# 1- Sleep



For optimal leadership development, sleeping 7 hours every night is optimal for the level of rest our brain requires to sweep out much of the useless nonsense that has seeped in during the day.

# 2- Mindfulness



Mindfulness and the exploration of its many flavors is a favorite and very popular in our culture as a means to develop our neuroplasticity. Fundamentally, mindfulness is about allowing ourselves to tune out all the noise plummeting on us on a daily basis and get quiet with our selves. Getting quiet allows for reflection, self-awareness, humility, affinity, and connection to occur.



### 3. Nutrition



A balanced nutrition sequence is required for optimal brain usage and left/right hemisphere integration.

### 4. Novelty

Enjoying a surprise and delight of something new is like Miracle Grow for the brain. Each and every time we allow ourselves the privilege of learning something new, we stretch our perspectives in life and develop new pathways in which to see and experience the world and the people in it.

### 5. Exercise



Frequent body movement and exercise enables our bodies to process nutrients and remain in a flow state. Fundamental chemicals are released into our body and brain required for us to feel well and recover from adversity.