What is brain plasticity and why is it important? If you wanted to increase your own brain plasticity, what are some things you could do?

The brain's capacity to change its connections and rewire itself is also known as neuroplasticity. Any brain, not only the human brain, would be unable to mature from baby to adult without this ability. Our brain rewires itself in our everyday life and by learning new experiences. Brain plasticity also helps us recover when there is damage to the brain. Some things we could do to increase our own brain plasticity are physical exercise, sleep, reading, and relationships (Call, 2019). Regular physical activity has been shown to enhance neuroplasticity. Sleep plays a crucial role in forming memories and learning. It is healthy to aim for seven to nine hours of sleep each night. Reading stimulates different regions of the brain involving language, comprehension, memory, and critical thinking (Call, 2019). Engaging with other humans through conversations can stimulate the brain and increase neuroplasticity. By practicing these healthy activities, you can promote your overall brain health.

Call, M. (2019). Neuroplasticity: How to Use Your Brain's Malleability to Improve Your Well-being. University of Utah. https://accelerate.uofuhealth.utah.edu/resilience/neuroplasticity-how- to-use-your-brain-s-malleability-to-improve-your-well-being