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This article is about our brains and how plastic they are! Sounds strange? Then read on to discover how our brains are plastic, and why that's a GREAT thing.

And don't forget, our last article discussed S T R E S S. Click [here](#) to find out more.

If you're interested in our previous articles, please click [here](#)

Plastic Brains!?

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Sounds strange, doesn't it? Plastic brains!!! Well, they're not really plastic ... but it's a term we use to talk about how we can change our brain. It's called 'neuroplasticity' (specifically, it's a term that describes lasting change to the brain throughout an individual's life course). We used to think that once we hit a critical point in our early adulthood that we were 'stuck' with how our brain was working at that time (remember the old saying "You can't teach an old dog new tricks!"). This meant that we believed all our thinking, feeling and behaviour patterns were unchangeable after this point.

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But wait ... now we know more!!

Research in the last few decades has shown that we actually can change our brain – which means we can change our thinking, feeling and behaviour patterns. Great news, huh? Our brains CAN change.

So if you suffer from traumatic symptoms, anxiety, depression, stress, pain or you want to create healthier patterns in your life, then embrace your brains plasticity. By changing your brain you can feel happier, healthier and live a life you value.

Is it easy to change our brains ... yes ... and no!

To change our brains, we need to create new habits. However, some new habits are easier to form than others ... but nothings impossible.

So consider your thinking patterns, your feelings, and your behaviours – is there anything that needs fine tuning, or maybe a complete overhaul? If there is, consider working with a health professional to be more mindful to create new habits AND change your brain.

If you would like help to harness your plastic brain,

If you would like help in managing your thoughts, feelings or behaviours, please feel free to contact us on 0488 954 195,
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