



ANXIETY TALK

An Ellington Youth Services Series

NEUROPLASTICITY: WHAT IT IS & HOW TO DO IT?

NEUROPLASTICITY IS THE BRAINS ABILITY TO STRENGTHEN, DELETE, AND ADAPT NEURAL PATHWAYS.

The simple way to create this is by trying new things in life.

30 MIN. OF EXERCISE & MEDITATION INCREASES AND IMPROVES EMOTIONAL AND BRAIN WELLBEING.

HEALTHY EATING NEW & CHALLENGING SITUATIONS.

LEARN AN INSTRUMENT. NON-DOMINANT HAND EXERCISE: IF YOU ARE RIGHT HANDED, BRUSH YOUR TEETH WITH YOUR LEFT HAND.

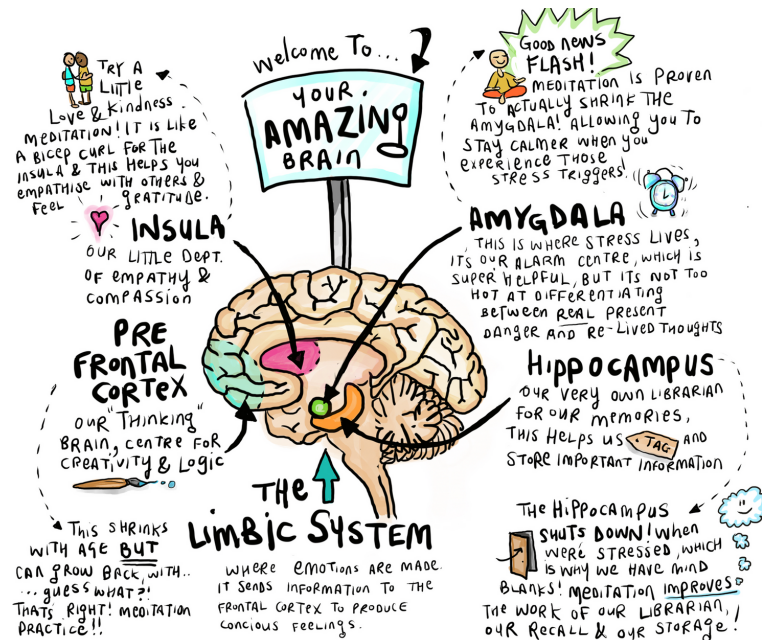
READING-ESPECIALLY FICTION!

EXPAND YOUR VOCAB: A NEW WORD A DAY.

CREATE ARTWORK.

LEARN TO A DANCE!

SLEEP.



All these things can strengthen connectivity in your brain & improve emotional health and impulse control. So create a calendar and make a plan. Set some goals for yourself. Write them down!