

ACCELERATORS OF *Brain Change*



PRESENCE

Showing up and engaging fully with our experiences through presence is a gateway to neural receptivity that helps the brain more easily learn and rewire.



INTENTION

Connecting regularly with our intentions (what matters most) helps us course correct when autopilot veers us into mindless activity that doesn't align with our values or priorities. Intentionality inclines the mind towards resilient behaviors and strengthens the neural circuitry that supports them.



PERSEVERANCE

Doing something consistently and sticking with it over time creates new neural structure through repetition and makes it easier for any desired brain changes to last. Remember the rally cry:

"Small moments many times!"



COMMUNITY

Sharing a common goal with peers, colleagues, etc keeps our motivation fresh and helps us get back on the wagon when we inevitably fall off. Social support also helps create a sense of safety, steadiness, and trust that fosters brain change and growth. *If you want to go fast, go alone. If you want to go far, go together.*

Reference: Linda Graham, Bouncing Back: Rewiring Your Brain for Maximum Resilience and Wellbeing

