

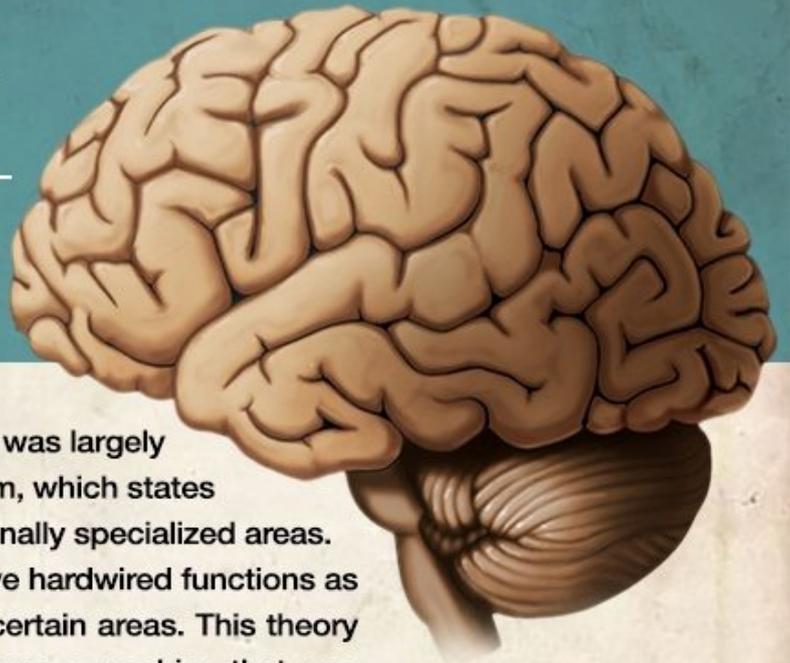
Rewiring the Brain

Category: visuals

written by Paul Rooprai | April 5, 2019

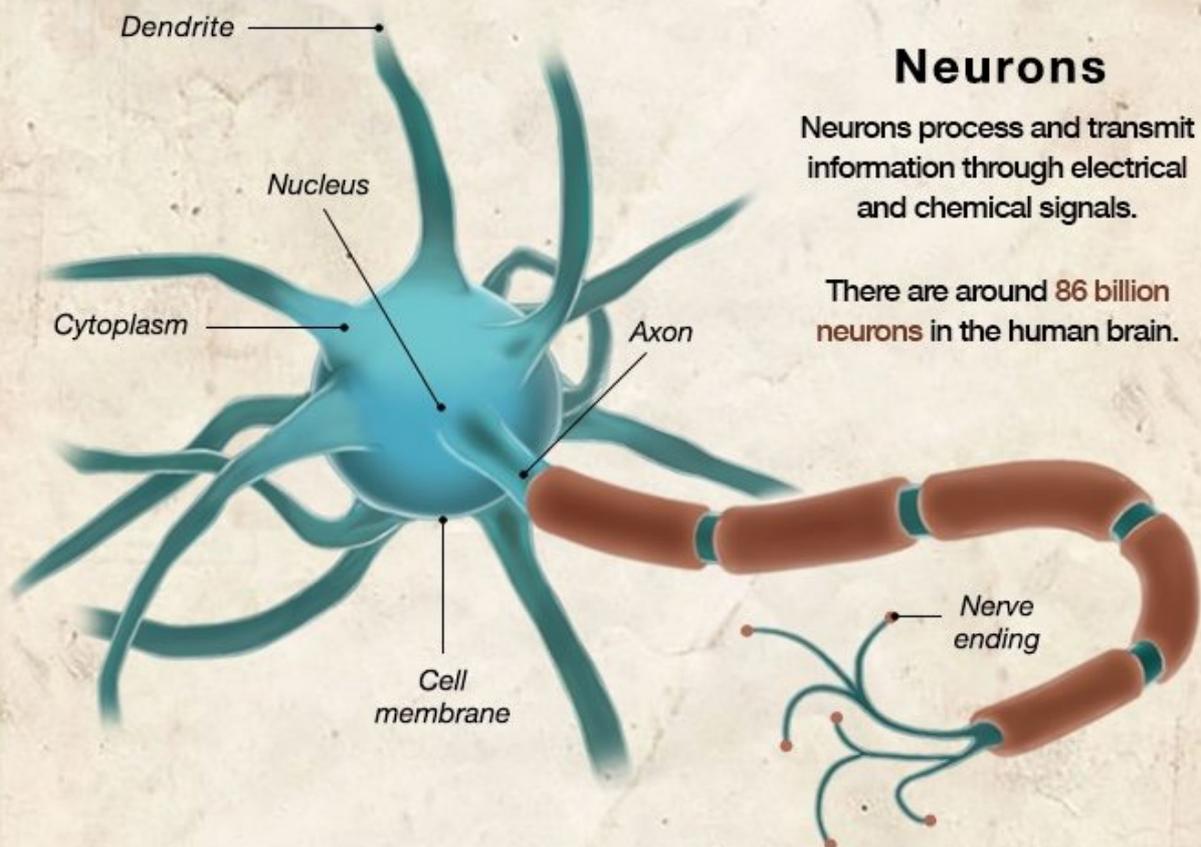
REWIRING THE BRAIN

Neuroplasticity & Mindfulness



Dating back to the 1500's, neurology was largely based on the theory of localizationism, which states that the brain is composed of functionally specialized areas. In other words, parts of the brain have hardwired functions as a machine has parts designated to certain areas. This theory perpetuated a belief that the brain was a machine that was capable of many things, but was not able to change and grow.

Recent research has taught us that the brain is actually plastic, it is able to change based on experiences. Even in old age, the adult brain retains neuroplasticity and is able to change its structure and function.



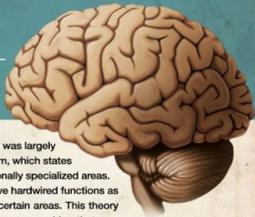
Neurons

Neurons process and transmit information through electrical and chemical signals.

There are around 86 billion neurons in the human brain.

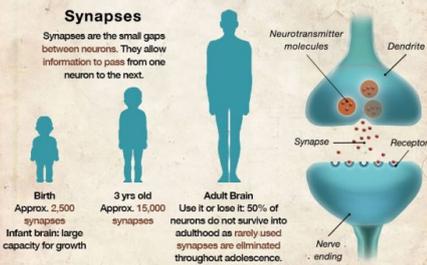
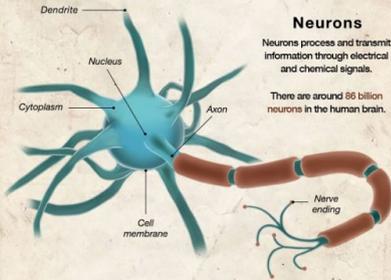
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REWIRING THE BRAIN

Neuroplasticity

'Neuro' = **brains** 'Plastic' = **changeable**

Neuroplasticity provides us with a brain that can adapt not only to changes inflicted by damage, but allows adaptation to any and all experiences and changes we may encounter.



MINDFULNESS

Mindfulness - becoming consciously aware of our thoughts and decisions, observing our inner experiences as if they were happening to someone else.



"Mindfulness and meditation are essential for helping the brain to create new pathways."
David Smith, M.D. co-author of Unchain Your Brain

Mindfulness-Based Exercise

It may sound simple, but this exercise can be very powerful and you can do it anytime, anywhere and it helps restore your mind to clarity and peace in the present moment.



Focus all your attention on your breathing and count to ten



Don't let your mind wander, if it does - start again!

1 2 3... I need to check Facebook
1 2 3 4 5 6... where did I put my keys?
1 2 3 4 5 6 7 8 9 10

About the artist:

Paul Rooprai is a graduate from the health sciences program at McMaster University in Hamilton, Ontario. He is interested in studying medicine and in creating medical illustrations. His love for digital media and drawing led him to learn how to use Photoshop to create biomedical graphics.

About the artwork:

“This poster is about mindfulness and how it positively influences the brain. Mindfulness is something that I’m very passionate about, and this prompted me to create the artwork. Performing this simple practice daily has helped me tremendously in managing my own mental health, and I would like others to know more about it.”

Visuals editor:

Sara Kohrt