# Top Ways to Make Your Brain More Plastic

Brain plasticity, also referred to as neuroplasticity, is a term that describes your brain’s ability to change shape and adapt in response to training and learning.

Many of us think of our brains as set and inert – indeed this is how science described them for many centuries!

But more recently, we have discovered that the human brain is extremely adaptable – capable of growing new connections and even birthing new neurons in a process called neurogenesis. Our brain changes shape like a muscle, and the more you “exercise” certain brain regions, the bigger they become.

This plasticity is a sign of good health, and it is what gives us our ability to learn and to develop as humans. Read more then, to find out how you can make your brain *more* plastic, and thereby learn more than ever before.

**Keep Learning**

The most important way to make your brain more plastic is to *learn more*. The more you learn, the better your brain *becomes* at learning. This means that if you stay in the same job and take the same route to work every day, you will become set in your ways and narrow minded. Keep exposing yourself to new things though, and your brain will become plastic and changeable – allowing you to adapt to any situation.

As well as learning specifically, simply exposing yourself to new experiences is just as important. Try visiting other countries, meeting new people, and reading books. Challenge your beliefs and never “settle” into a routine.

**Exercise**

Exercise and particularly aerobic exercise have been shown to increase neurogenesis and to help boost learning.

Another particularly effective form of exercise is anything that involves learning new movements. That means things like dance, martial arts, or even gymnastics.

**Nutrition**

Good nutrition will support healthy brain function, which includes plasticity. There are lots of specific nutrients that will help to support the best brain function, but some of the best ones include: curcumin, omega 3 fatty acid, magnesium, zinc, and protein in general.

Get more of these things in your diet and your brain will perform better!

**Sleep**

Finally, sleep is one of the most important things of all when it comes to developing your brain function, cementing memories, and more.

Sleep is when our brain creates permanent memories and forms connections between them. Make sure you don’t skip your 8 hours!