




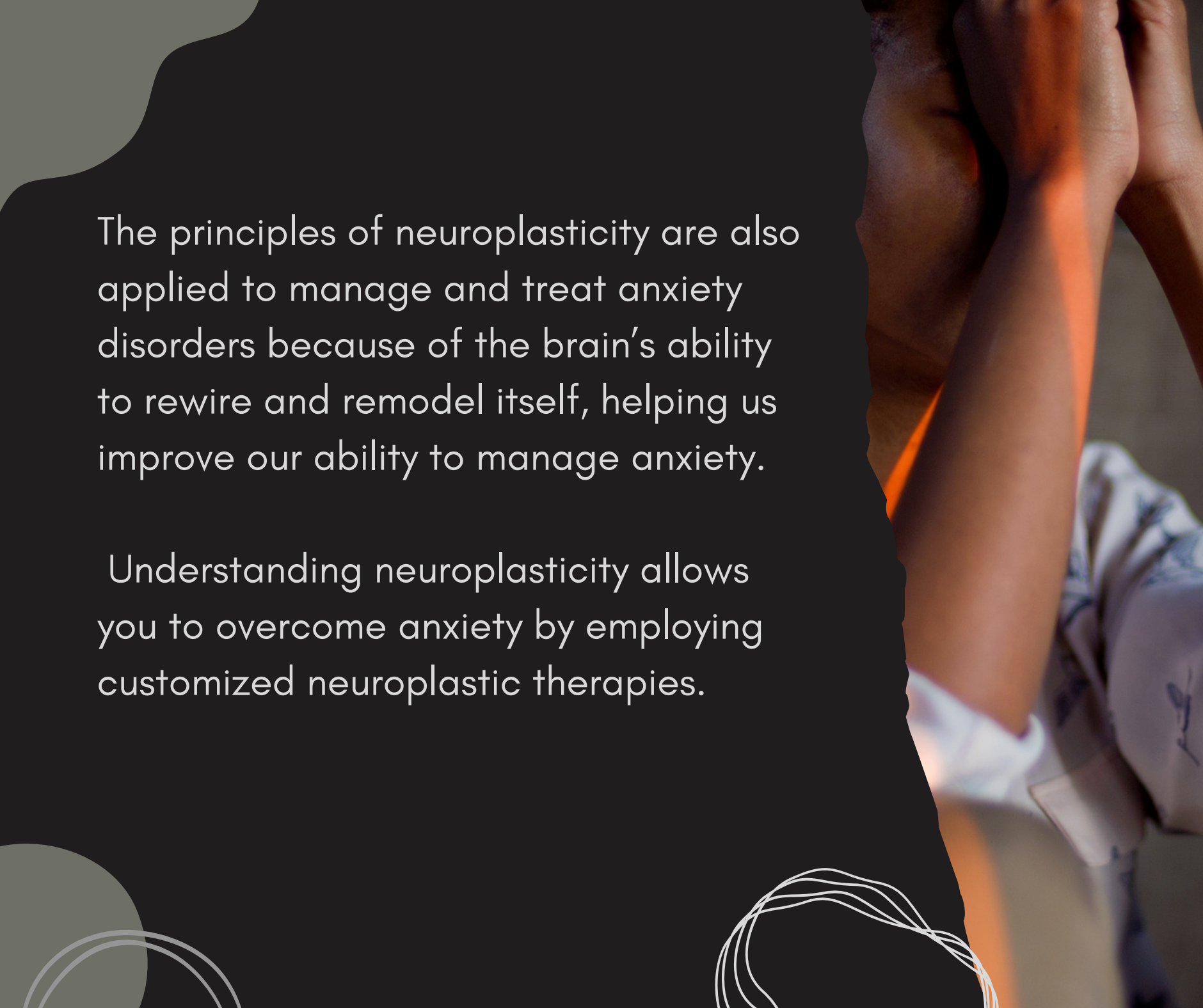
Depression, Anxiety *and Neuroplasticity*

Neuroplasticity is an important feature of the brain that responds to internal and external triggers, including stress and depression. Several studies have researched the link between neuroplasticity and depression. The effects of depression on neuroplasticity may cause damage to the brain, which discourages healthy and adaptive pathways and allows unhealthy and maladaptive ones to form.



On the brighter side, some treatments for depression appear to aid the damage and may reverse it with the help of brain plasticity.

Neuroplasticity studies found that daily activities can majorly impact brain structure and function, allowing for healing and recovery from psychiatric diseases (Hellerstein, 2011).

A photograph of a person's hands clasped in prayer, with a dark silhouette overlaying the image. The person is wearing a white shirt with a blue pattern. The background is dark, and the lighting is warm, highlighting the hands and the texture of the shirt. The silhouette is a dark, irregular shape that covers the left and bottom portions of the image, creating a layered effect.

The principles of neuroplasticity are also applied to manage and treat anxiety disorders because of the brain's ability to rewire and remodel itself, helping us improve our ability to manage anxiety.

Understanding neuroplasticity allows you to overcome anxiety by employing customized neuroplastic therapies.