



Neuroplasticity



Monoamines



Endorphins



Beta-endorphins



**Brain-derived
neurotrophic factor
(BDNF)**



Neurogenesis



Hippocampus



Neurons



**Synaptic
transmission**



Endogenous

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| <p>The ability of the brain to form new connections. How 'plastic' the brain is to learn new things.</p> | <p>Neurotransmitters or neuromodulators including dopamine, serotonin and epinephrine.</p> |
| <p>A group of hormones that have many functions and are secreted within the brain and nervous system.</p> | <p>Produced in the pituitary gland, Beta-endorphin blocks the sensation of pain, resulting in calmness and increased mood after exercise.</p> |
| <p>Growth factor that can stimulate neurogenesis, both the formation of new brain cells and the connections between them, particularly in a region of the brain called the hippocampus, an area responsible for learning and memory.</p> | <p>The growth and development of nervous tissue.</p> |
| <p>An area of the brain, thought to be the centre of emotion, memory, and the autonomic nervous system.</p> | <p>A nerve cell. Specially designed cell to transmit nerve impulses.</p> |
| <p>The communication between one neuron and another.</p> | <p>Internal or inside an organism.</p> |

**Central
Nervous
System (CNS)**



**Peripheral
Nervous
System (PNS)**



**Autonomic
Nervous
System**



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| <p>Consists of the brain and spinal cord. Controls most functions inside the body.</p> | <p>All the nerves outside of the brain and spinal cord. Connects the CNS to organs, limbs and the skin.</p> |
| <p>Responsible for control of the bodily functions not consciously directed e.g. breathing, the heartbeat and digestive processes.</p> | |
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