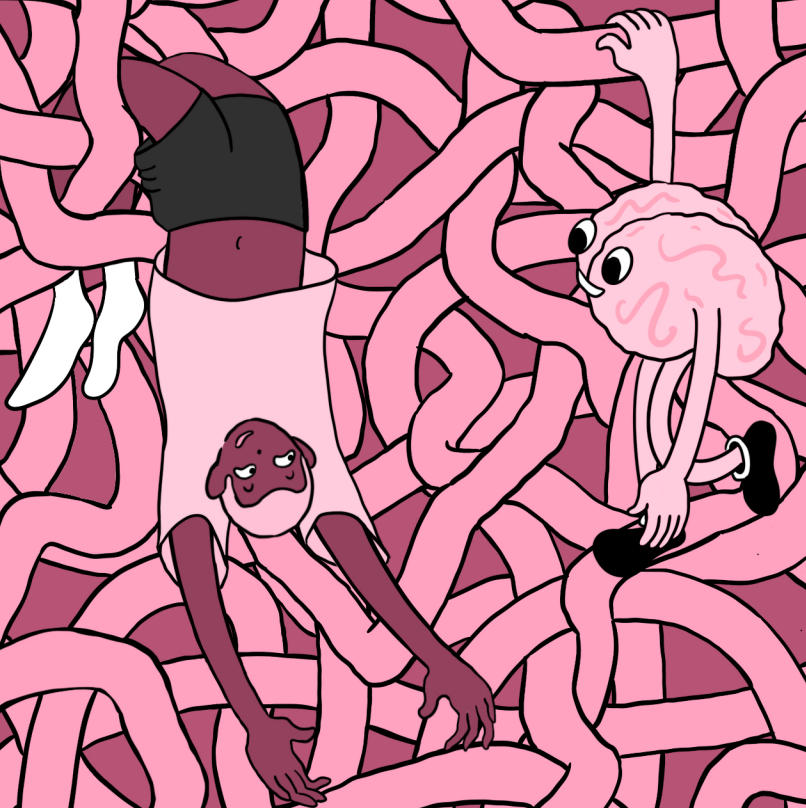


ADAPTABLE ADOLESCENT

THE WONDER OF ADOLESCENT
BRAIN DEVELOPMENT



NINA GOMEZ & KATE MILLS

SPECIAL THANKS

TO

WORM

LAB

Dear Adolescents,

Have you ever felt like your brain was atypical?

Inadequate?

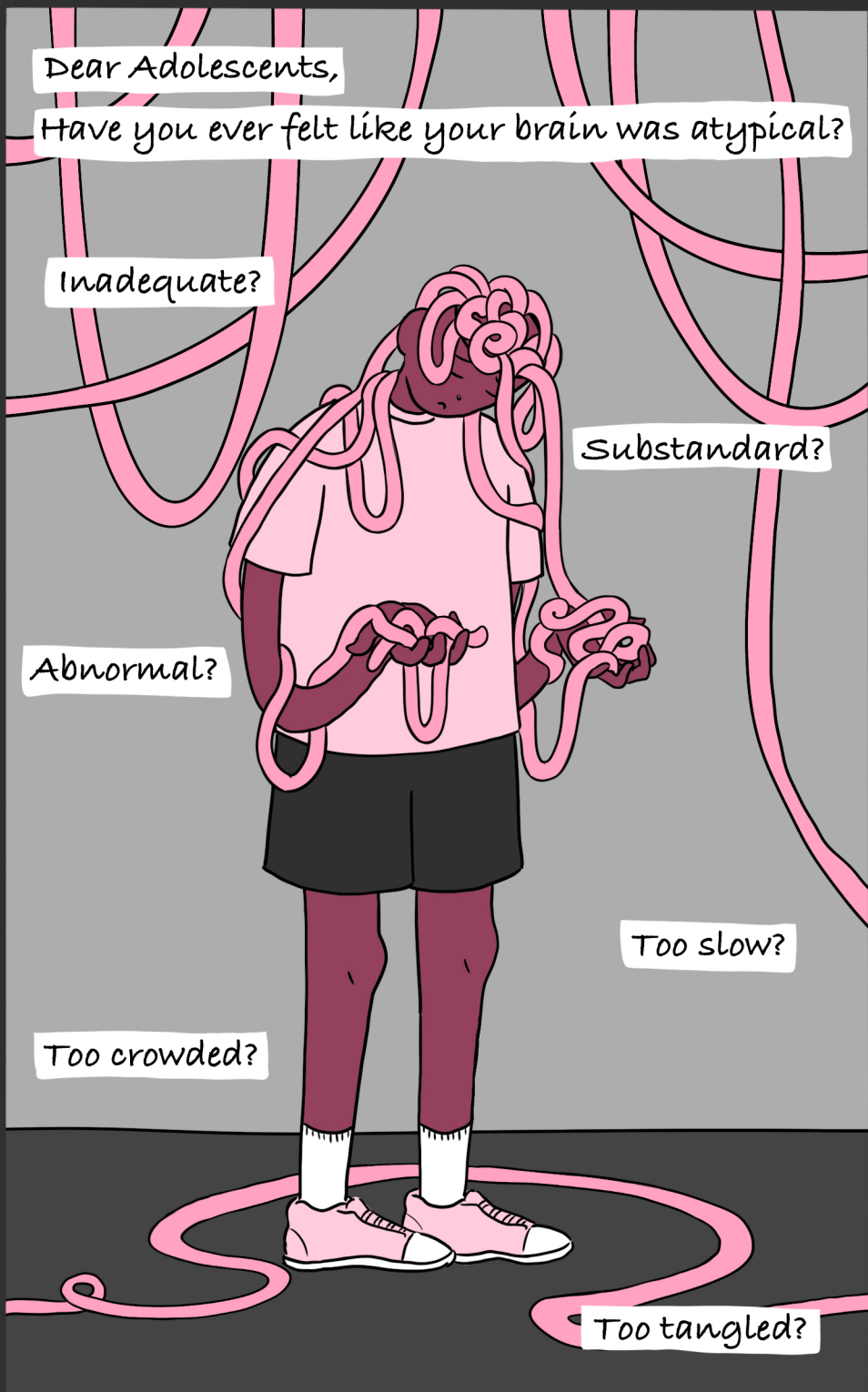
Substandard?

Abnormal?

Too slow?

Too crowded?

Too tangled?

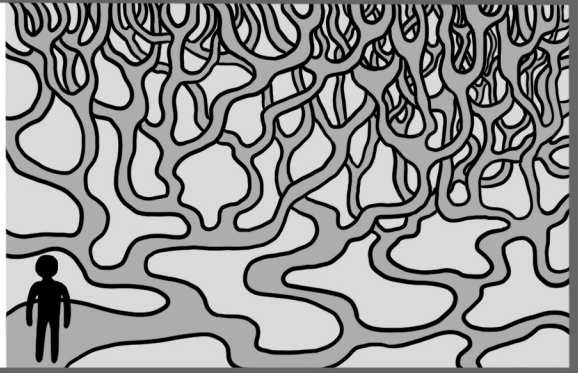


What if I told you it was working exactly as a brain should, that there was no such thing as a neurotypical standard to deviate from because there's no such thing as a typical brain.



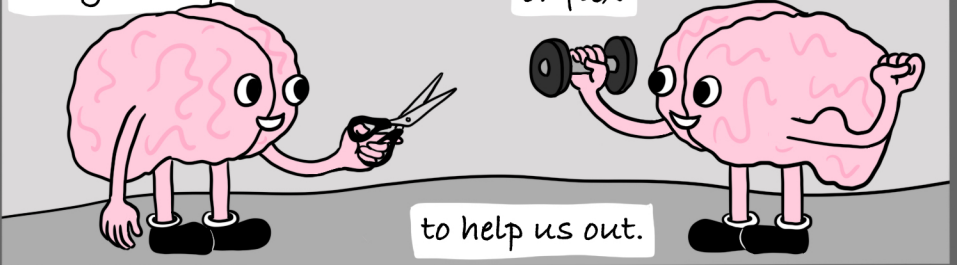
variability is the norm.

There is no typical developmental path or final formation for brain function and organization because the conditions we adapt to throughout life are equally as unique as our brains.

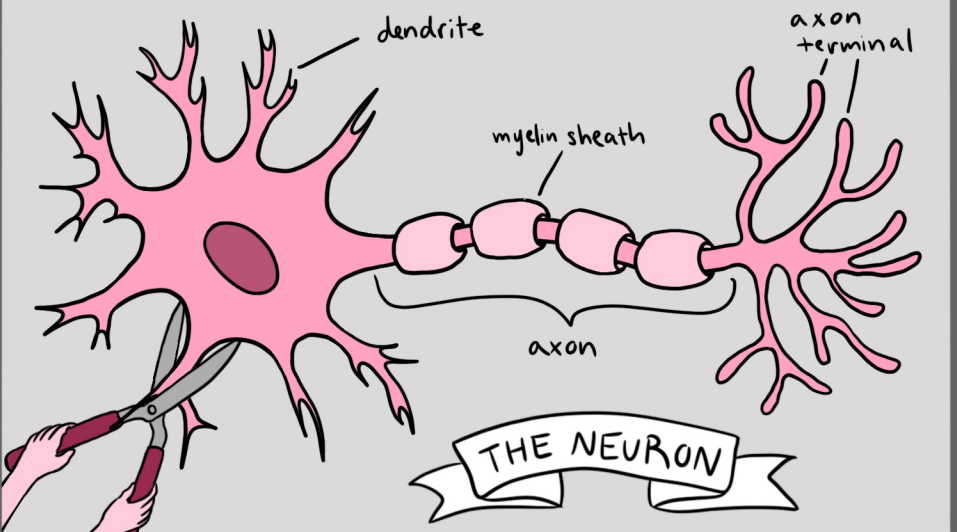


Our brains are adaptive tools ready to snip

or flex



For example, as you grow older, the cells of your brain, neurons, will lose some of their unused connections in order to create a more efficient organization of your brain.



Lately, we see younger generations presenting in more mature manners

and exhibiting more mature behaviors,

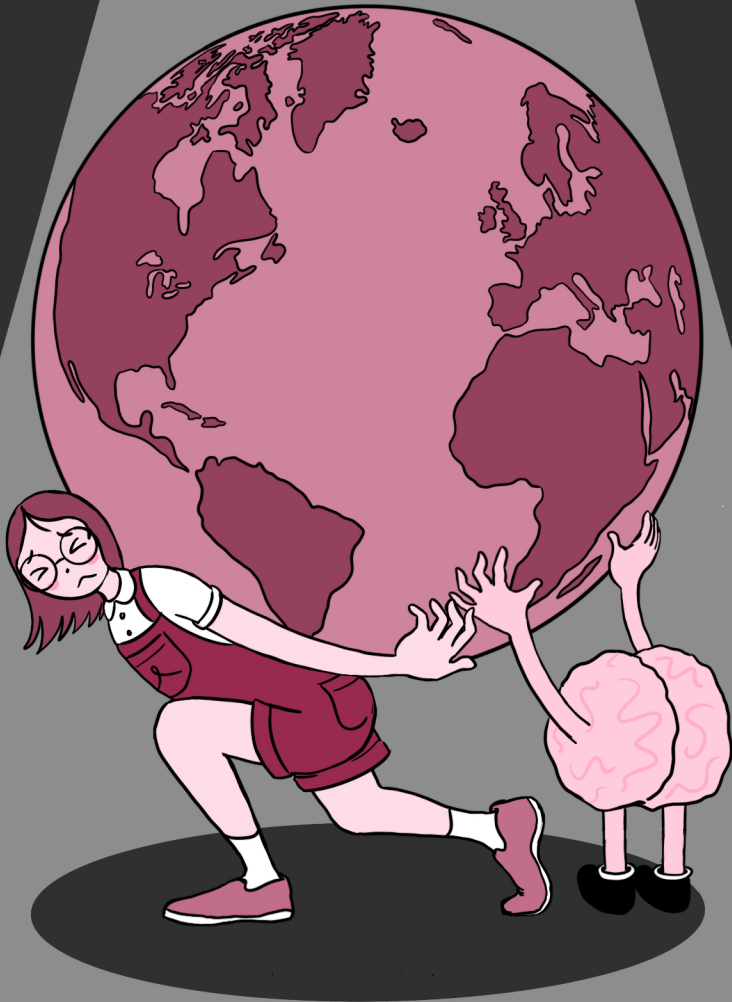
but are they really more "mature"?



A fully mature brain is an elusive concept. Your brain won't ever stop changing, and scientists haven't yet determined a threshold for when a brain reaches maturity.

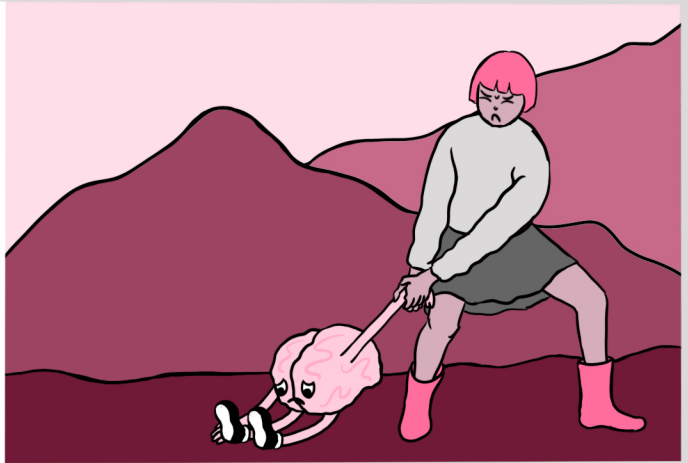


The riper expressions we see of youth today are most likely a direct response to the greater responsibilities we slough onto their shoulders.

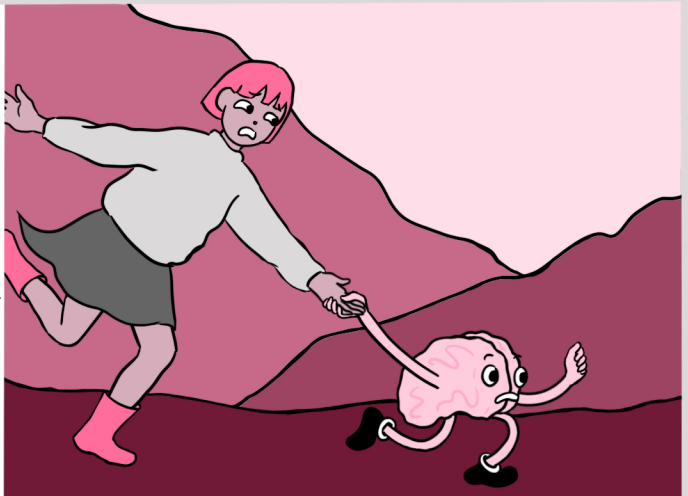


Imperatives like ensuring a livable, not completely depleted planet to inhabit.

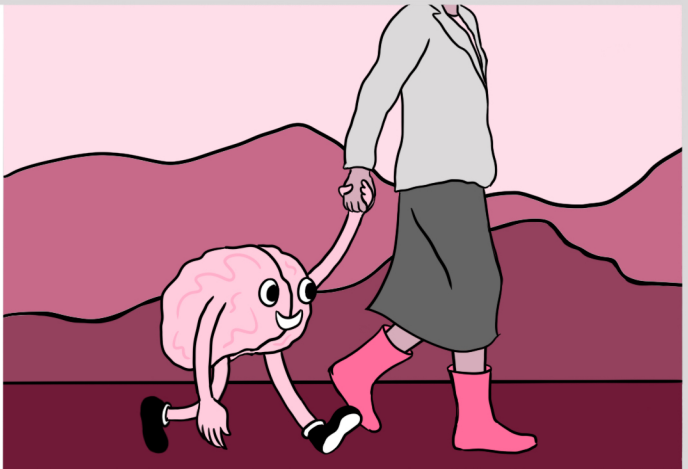
So rest assured adolescents, if you feel your brain acting sluggish,



or racing to thoughts or feelings, console yourself with the notion that your brain is that way for a good reason,



and since you are still developing, it may not always be this way.



To summarize,

Stop working against your brain,



and keep letting it work for you.

