



# Juggling, Creativity, & the Brain

## **1. Researchers have found that it is never too late to grow dendrites or connective cells in the brain.**

Nerve cells are designed to be stimulated by new input, which in turn builds a richer brain structure. New learning creates a reserve of dense connections partially protecting us from cell loss associated with Alzheimer's disease. Researchers caution that the brain benefits the most from learning that which is "exotic and unusual" — juggling — what could be more exotic!

## **2. Juggling exercises and integrates the "right" and "left" brain.**

When you first learn to juggle, you are breaking the steps down into small steps. You are using what psychologists call the left brain, the logical, analytic, and narrowly focused side. Once you have learned how to juggle, you move into "right" brained thinking, the side that is more intuitive and holistic. When this happens, juggling becomes automatic and relaxing. Some call it a moving meditation. The left and right movement across the body (crossing midline) literally changes our focus from left to right and back again.

## **3. Juggling offers an effective "brain break" similar to the effect of sleeping on a problem.**

Juggling is being used by businesses to help increase creativity and innovative problem solving.

## **4. Learning to juggle provides an instant confidence booster.**

Learning this newly acquired, yet heretofore seemingly impossible skill causes all of us to take a second look at the other things we thought we couldn't do. It challenges all our other beliefs about what is possible. (If I can learn how to juggle, maybe I really can learn that new computer system.)

## **5. Because you can only learn to juggle step by step, it's a great model for learning anything.**

We learn to juggle drop by drop. It is not through success, but through many small mistakes (drops) that we learn to juggle. We learn from these mistakes and keep on trying until we accomplish the skill. Through juggling we learn that with practice we can accomplish great things.

## **6. Juggling is a perfect metaphor for life in general.**

People are continually being asked to juggle more projects, priorities, and people. Learning to juggle is a perfect way to alleviate stress from our mental balancing acts.

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