

Just  
for fun...



# Try something new

September 2020 Newsletter



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**Getting help** | Get confidential support, information and referrals for work or personal concerns. We can help you, your household members or your adult children under 26, even if they live away from home. Call or visit us online today!

# Try something new: It's good for you



Can you remember the last time you tried something completely new and different? If not, it may be time to do it. Why?

Trying new things has benefits. Aside from making your life more diverse, it can also:

- Boost your self-esteem and courage
- Prevent boredom
- Help you meet new people
- Enable personal growth

## **New is healthy, too**

There are health benefits of trying new things, too. For example, when you start or add a new workout or fitness routine, you engage your brain to learn and adapt to new routines and demands. You also challenge your body to use different muscles, improve coordination and build stamina.

## **Change keeps you on your toes**

Not everyone enjoys change. But it's good for you. When something new is introduced in your life — a new job, a new relationship, even a new car — it carries big benefits. We get energy and cognitive boosts when we have to learn something previously unknown — whether it's the gadgets on a new car console, a new hobby or a new language.

So take a risk and try something outside your comfort zone. It doesn't have to be dangerous. It just needs to be different. Learning and growth take place during times of transformation, big and small.

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# Suicide wake-up call

Suicide is a topic many people don't understand or even want to think about. But in a world where 1,000,000 people take their own lives each year,<sup>1</sup> it's important to know some basics — plus ways that you can help. For example, did you know:

- 1. It's not uncommon for people to think about suicide.** A severely depressed person may see it as the “only way out.”
- 2. There are warning signs of suicide.** These include hopelessness, risky behaviors, mood swings, increased alcohol or drug misuse and more.
- 3. Suicide is preventable.** When others show care, they may help save a life.

## You can play a big role

If a friend or family member seems depressed, take their feelings seriously. Check on them and ask if they want to talk. Ask kindly but directly if they're considering suicide.

Contrary to what many people think, you won't “give” people the idea of suicide if they're not already thinking about it. If they're feeling that hopeless, they may be thankful that someone noticed and relieved to talk about it.

## Get help

If you or someone you know is considering suicide, call the National Suicide Prevention Hotline at **1-800-273-TALK (8255)** for 24/7, free, confidential help, support and resources. In a crisis, call 911 or go to the closest Emergency Room.

Remember: “Suicide is a permanent solution to a temporary problem.”<sup>2</sup>

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<sup>1</sup>Notes on suicide. Accessed July 2020.

<sup>2</sup>Quotes by Phil Donahue. Accessed July 2020.

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