



# Feel-Good Friday

What is something you want to try but haven't yet? Unless you consider something morally wrong, **what is stopping you from trying something new? Examine your thoughts.**

- Do you believe you don't have time? Try scheduling 15 minutes at the start or end of your day to spend time planning or doing something new.
- Do you falsely believe you are too old to try something new? Scientists have proven that the human brain is capable of developing new neural connections throughout life.
- Maybe you have limited yourself by worrying that you won't be "good enough" at something. Ask yourself, do you need to be an expert to enjoy a hobby?
- Do you think you don't have enough talent? Many skills in creative arts and sports can grow through learning from a skilled mentor and with consistent practice.
- Do you feel silly trying something new as an adult? Think back to what you enjoyed as a young child that still brings a smile to your face as you remember it. That passion can motivate you.
- Do you want company in trying something new? Park districts and community colleges offer seminars, workshops, and classes in a wide variety of topics where you might meet others who are beginning and more advanced in pursuit of your interests.
- Are you worried that if you aren't earning money doing something that it is a waste of time and resources? Consider the joy it brings you and how that positivity might energize you and help you experience greater balance in your life. Libraries are a great resource for learning more about a subject of interest through books, videos, and presentations. Some libraries have 3D printers and other tools to use with no or minimal fees.

**Follow your curiosity and see where it leads you.**

## You Can Give Yourself Permission to Try Something New

\*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org)