

Tools for Life – Weekly Health & Safety Meeting



Suicide Prevention

July 2021

Learn Something New

When we talk about Suicide Prevention, we often talk about the factors that increase suicide risk. Today we want to talk about the positive things we can do to build our resiliency and reduce our risk of suicidal thoughts and behaviors.

How often do you learn something new? When we learn new things, such as becoming proficient in a subject that we find interesting or learning a new skill, there is a ripple effect that increases our emotional and mental resiliency. When we are actively engaged in learning something new, we create new social circles, strengthen our mental capacity, and reduce stress.

Need some ideas for learning something new?

1. **Martial Arts – Tae Kwon Do or Ju Jitsu?** Benefits include strengthening physical body, discipline, concentration, and leadership.
2. **Fishing -** Gives you a reason to get outside for some Vitamin D and socialize with friends, or just get some peace in natural environment. Check out the fishing podcast [February Room](#).
3. **Cooking Classes -** Cooking can be meditative and tasty. Choose your favorite regional cuisine or take up a specialty in BBQ or Baking. In addition to learning a new skill, you could benefit from home cooking by increasing the nutritional value for your family and reduce expenses by eating out less. Check out YouTube for free cooking lessons.
4. **Sign up for a college course.** Have you ever wanted to learn more about geology, biology or speak a foreign language? Take a course at your local community college or sign up for an online course. You could meet new friends and become the expert in your subject among your friends and family.
5. **If you drive to work, use the time to listen to a new book or podcast on any subject your heart desires.**

Learning something new is good for your brain, helps reduce stress and can help you meet new friends. Enjoy the process.

HEALTH Quote: "YOGA. Gentlemen, yoga is no longer just for your brother-in-law, Rain, and his friends at the farmer's market. Yoga provides a great way for regular guys like us to get in shape while releasing stress and anxiety." Mantherapy.org

Discussion Points/Quiz Questions:

1. Has anyone tried to learn something new in the last year? How did that go?
2. Does anyone have any suggestions for opportunities to learn something new?