

## Intellectual Wellness

Intellectual wellness means finding what you are good at or what you have an interest in and then learning those new skills. It means finding ways to grow your creativity, to improve your memory, and to share ideas with others. Intellectual wellness may mean taking a class, joining a group or visiting the Library.

## Finding My Interests

Sometimes it is hard to decide what you would like to learn or what activity you would find easy or fun to do. Finding an activity that allows you to use your strengths yet pushes you to learn new skills or to make you think in ways you did not think before. Set a goal to find at least one new hobby and two you might learn in the future.

New hobbies and activities you might like to try.  
Circle your choices!

Art	Bicycling	Bird Watching	Building Furniture
Camping	Chess	Collecting coins	Collecting stamps
Computer games	Cooking or baking	Crafts	Dancing
Exercising	Fishing	Gardening	Jogging
Keeping a diary	Learning jokes	Listening to music	Photography
Playing a sport	Playing an instrument	Playing card games	Reading Club
Sewing	Singing with choir	Swimming	Table Tennis
Walking	Watching a TV show	Watching old movies	Watching sports games
Woodworking	Writing for a newsletter	Writing poetry	Other: you decide

Look around your community and see how you can get your new hobby started. Ask your family or friends for help if you are not

sure. Look in the newspaper for a listing of club meetings, visit a library, look at bulletin boards at local coffee houses and take a tour of a local fitness center. By using your brain, you will find that your concentration and memory can get better over time. You may even find hidden talents! Finding a new activity can be one small step towards finding balance in your life between rest, work and play.

This Tip sheet was adapted from the Eli Lilly and Company Team Solutions -Workbook 1

## Ways to Create Joy!

Everyone has stress in their life and one way to help lessen the stress is to feel joy and have fun. We all need to expand our knowledge, our skills and find ways to let our creative side out. Our mind needs new and fun activities to challenge us and allow us to feel self pride. Just by having a good laugh, our body can relax, our blood pressure can go down and a calming effect occurs. Sometimes it is easy to dwell on the negative things in our life so sometimes you have to become creative and find the positive and bright spots.

Ways to make you smile and laugh and be creative all at the same time!

1. Pick up a joke book from the library or the bookstore. Remember a few jokes and tell them to a friend or family member to make them smile. Just reading a joke a day can make a difference
2. Listen to a funny CD or watch a funny movie. Invite someone over to watch it with you.
3. Join a class and learn a new skill. Many programs are free or low cost through local agencies. (see newspaper, churches or YMCA)
4. Do an activity that you have always had an interest in such as writing, singing, painting or wood working.
5. Teach a child a new skill.
6. Help to build a house by volunteering for Habitat for Humanity. You learn new skills and get to meet new people.

7. Take a class on line. Many are offered free of charge.
8. Some people are sharing their experiences on the computer. This is called blogging. It not only makes you think but it is a great way to share your knowledge.

Besides finding your gifts and pushing yourself to use them, just keeping on top of the daily news keeps your mind focused. Read books, magazines, and newspapers. If money is tight, your local library will loan books free of charge. Many people enjoy doing the crossword puzzle or word searches everyday as a way of keeping their mind active.

For more information about creativity and joy go to this website:

<http://www.liveyourlifewell.org/>

For information about the Mental Health America and their mission go to:

<http://www.mentalhealthamerica.net/>

This Tip sheet was adapted from the website Live Your Life Well which is sponsored by Mental Health America and used with permission.