



Thinking Thursday



Right Hand/Left Hand

Exercising your body has a lot of benefits, but so does exercising your mind. Here's a good mental exercise to sharpen your brain!

Use Your Non-Dominant Hand

It's quite simple. For one day, try accomplishing small tasks using the hand you don't normally use. Here are a few examples:

1. Brushing your teeth
2. Stirring your coffee
3. Writing
4. Opening doors
5. Eating with a utensil
6. Using the television remote

In addition to providing a little humor to your day, this exercise can have positive effects on your well-being. It helps keep your brain agile and sharp which can help with memory loss. It can help develop our levels of self-control and lower feelings of aggression. So, the next time you reach for your toothbrush, think about which hand you are using!

NAMI Vermont Minute:

NAMI Vermont strongly believes in advocating for individuals affected by mental illness or a mental health challenge and their loved ones. This is done through a strong presence at the Vermont Legislature, playing active roles in work groups and committees addressing issues related to mental illness, sharing information with our communities to raise awareness and fight stigma, and by empowering others to advocate for themselves and for each other. Being an advocate may not be a skill you currently have, but exercising those unused muscles may ultimately be a benefit to your own mental wellness. Want to learn more about our advocacy efforts? Visit <https://namivt.org/advocacy/>.