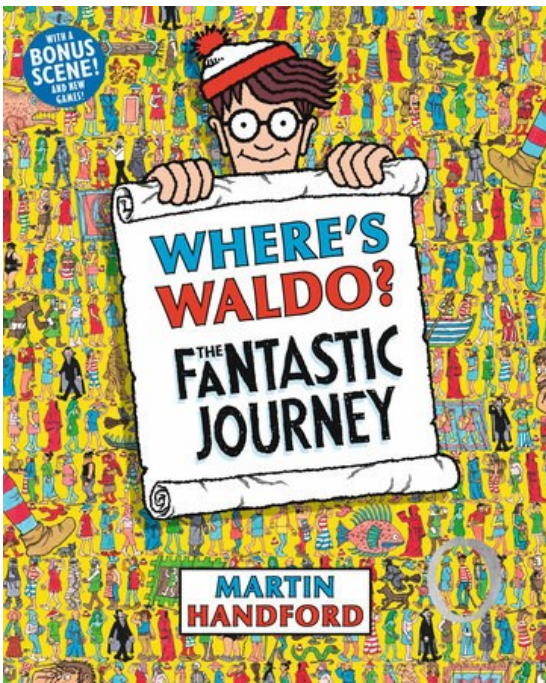




Thinking Thursday



Where's Waldo?

Many of us have probably spent time at one point or another looking for that elusive Waldo, the little guy in the red and white shirt and winter cap. But, did you know that while you were trying to find him in a sea of people, you were also sharpening your brain?

Brain games like word search puzzles, hidden object games, trivia questions, and sudoku can help exercise your mind and improve your memory skills. When you are struggling with an issue, turning to a problem solving game and focusing on that can help you feel more grounded and centered so that you can then refocus on the issue you had and see it clearer.

So, break open that Where's Waldo book, look for an online word search or sudoku puzzle, pick up the Highlights magazine sitting on the end table at the doctor's office and give your brain a little exercise!

NAMI Vermont Minute:

Sometimes, especially during these uncertain times, we may find ourselves struggling more than usual and we may need to reach out for help. If you are someone you know is experiencing a mental health crisis, please reach out:

Vermont Support Line: (833) VT-TALKS/ (833) 888-2557 or text (833) 888-2557

National Suicide Prevention Lifeline: (800) 273-8255

Crisis Text Line: Text VT to 741741

[Or look for a mental health agency crisis line in your area by clicking here.](#)

If you need additional support and resources, contact NAMI Vermont at info@namivt.org or (802) 876-7949.