



## Keep Learning!

*“Develop a passion for learning, if you do you will never cease to grow.” - Anthony J.D. Angelo*

A lifestyle that includes valuing learning is positively associated with mental health and wellbeing. It can be hard to feel motivated to learn all the time, especially if because of our schoolwork or jobs we are told we have to learn specific things whether we are interested in them or not, whether we value them or not. If this has been part of your experience and your interest in learning has been dampened it CAN be reconsidered and rediscovered!

As a Federation we looked at the 5 Ways to Wellbeing' last year: engaging with these 'ways' is all about learning what you can do to be more satisfied and fulfilled in your life, and the very act of learning is part of that. How we think about learning and what we say to ourselves about it will make it more possible and satisfying or more of a struggle or even an obstacle. There is a huge difference between us saying, “I have to ... and I want to ...”

Learning new skills and practising and refining old ones are key to both personal and professional growth. It keeps us interested and focused, breaking the monotony of life and opening us up to new possibilities. We don't necessarily have to sign up for an evening class or complete a Masters' degree, simple daily opportunities really count. We could learn how to cook a new recipe, try a new instrument, play a new sport or find out about something we are curious about. What we learn and how much effort we put into learning something new will be different for different people. As long as we pursue learning for our interest and gain satisfaction out of doing so, it will enhance our wellbeing.

## 12 Reasons Why You Should Learn Something New!

- EXPOSES YOU TO NEW THINGS
- YOU MIGHT FIND A NEW LOVE/PASSION
- LEARNING IS REFRESHING
- HELPS COMBAT BOREDOM
- PROVIDES YOU SOMETHING TO TALK ABOUT
- GIVES YOU SOMETHING TO LOOK FORWARD TO
- GAIN NEW SKILLS
- HELPS IMPROVE YOUR QUALITY OF LIFE
- COULD HELP THE LIVES OF OTHERS
- YOU CAN MEET NEW PEOPLE
- KNOWLEDGE EMPOWERS YOU
- BOOSTS YOUR CONFIDENCE