

TRY SOMETHING NEW

As we start to make it into the summer months, it's time for us to try something new. This might sound scary, but getting out of our comfort zone and trying a new activity can be really beneficial for our mental health. By trying something new, we can have new doors opened to us, create more experiences and fundamentally start enjoying different things!

This month, we're going to look at new activities that we've maybe always wanted to try but haven't been able to for whatever reason.

Before we start, let's have a quick think about what it is we do now. These activities can be hobbies, or daily activities that you partake in. Activities can also be habits or behaviours that we choose to engage in.

What are your hobbies at the moment?

And why do you enjoy doing these hobbies?

Is there something you've always wanted to do? If so, what is it?

What stops you from doing this activity or activities?

List all of the reasons that come into your head:



Now we've got a bit more understanding as to what it is you want to do, but also why you've been struggling to do it.

So, let's look at breaking those barriers down.

It's important to recognise that breaking barriers does take time. Taking small steps is much better than trying to leap into something all at once.

We often struggle to do new things because we're afraid: afraid of failing or of getting it wrong, afraid of making ourselves look stupid or even being embarrassed.

Whilst this fear can feel very real, it's not. Failure can't harm or hurt you. Nor will looking stupid or being embarrassed.

What is it that you're afraid of?



Now that you've named your fear, let's try to reframe that.

If your fear comes to pass, what would you do? How would you cope? List the different things you could do to manage the worst case scenario.



You've taken the first big step to overcoming one of the most common barriers in your way!

Next, let's focus on taking those first small steps towards engaging in something new.

First, you need to think about the process involved in getting to where you want to be. For example, if your new activity is swimming, what would be involved in actually going to the swimming pool and doing a lap? Look at the example below.

EXAMPLE GOAL	Going swimming 3x a week
Step 1	Find local swimming pool
Step 2	Find opening/closing times and swim times
Step 3	Get a swimming costumes
Step 4	Travel to the swimming pool
Step 5	Get changed and do some slight stretches
Step 6	Get into the pool
Step 7	Start to swim your first lap

As you can see, the process of actually getting to where you want to be involves more steps than you probably thought but involves much smaller steps.

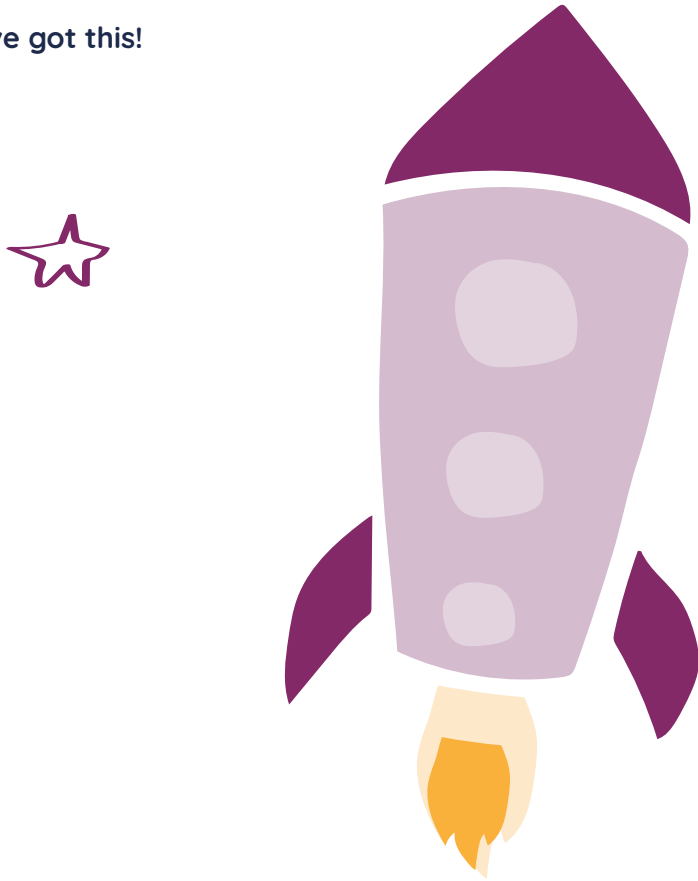
Why not give it a try yourself? Write down where you want to be, and list all of the small steps it will take to get there. Don't worry if you run out of boxes – make some more up! There's no such thing as taking too many steps!



GOAL/NEW ACTIVITY	
Step 1	
Step 2	
Step 3	
Step 4	

Well done! Now we've visualised what it is we need to do to get to our new activity, it's time to give it a go.

Remember - you've got this!



After you've done your activity, write down below how you felt.

Did you enjoy trying something new?

Why not try something new every week this month?



THE ONLY WAY YOU IMPROVE IS TO TRY SOMETHING NEW.

- Charles Koch