



## Benefits of trying something new

When you step out of your comfort zone to try new things, you have the opportunity to meet new people, become involved in your community, feel good about a new skill, have fun, achieve a sense of accomplishment and challenge your brain. When you learn something new, you exercise your brain, which can help improve cognitive function, such as concentration, attention to detail, memory recall and problem-solving, and may also reduce the chance of developing dementia.

Take dancing for example. Learning a new dance step involves exercise, socialization, memory recall and attention to detail.



Some other benefits of learning new things include:

### 1. Overcoming your fears

Some level of fear is present when trying something new, but you'll realize your mind exaggerates things. Eventually, once you make it a priority to try new things, fear will cease to be a crippling factor in your life. Instead, you'll see it as a minor speed bump standing between you and a new experience.

### 2. Getting to know yourself better

Trying new things helps us realize we have unique likes and dislikes that were previously unknown. As you try new things, you'll naturally recognize who you are and who you want to become. This will prove invaluable as the years go on.

### 3. Stimulating your creativity

When you try new things, you put your brain into unique situations that force it to really think. This stimulates creativity, which eventually rubs off in other areas of your life. As a result, you begin to think about everything in a new light.

#### Things you can do:

- Learn a new sport or hobby
- Travel solo
- Learn a foreign language
- Start a side job

Pick something you are interested in or have always wanted to learn or try.

Sources: [Healthnavigator.org](https://www.healthnavigator.org)\*, [huffpost.com](https://www.huffpost.com)\* \*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.