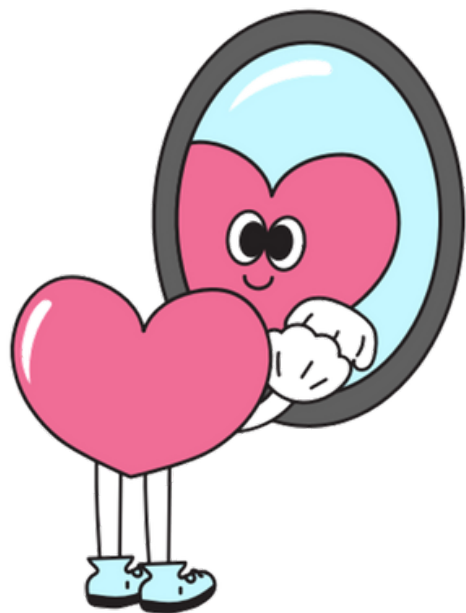


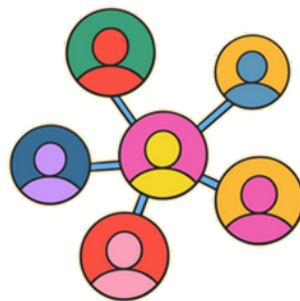
Learn



Learning might feel difficult sometimes but it can be good for our mental health for lots of different reasons:



Learning with others means we can **Connect with others** which can help create bonds and reduce loneliness.



Brain Power

New pathways are created in our brains which help them stay young healthy.

Learning - if pitched at the right level - can also reduce stress.



Increase Self Esteem

We can feel a sense of pride and accomplishment when we achieve our goals and learn something new.

Dopamine is released when we learn new things which helps us stay motivated.