

# LEARN SOMETHING NEW

## Resilience

Did you know that learning something---anything--helps to build your resilience?

Read more about it in this article by Philip Chard:  
<https://shepherdexpress.com/advice/out-of-my-mind/what-to-do-when-going-covid-crazy/>

What am I curious about?

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What subjects do I want to learn more about?

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What hobby /skill would I like to learn or restart?

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Free learning opportunities

**Gale Courses:** Free online courses with your library card

**Youtube:** type in anything you want to learn or check this out for inspiration:

<https://www.mentalfloss.com/article/572087/learn-skills-on-youtube>