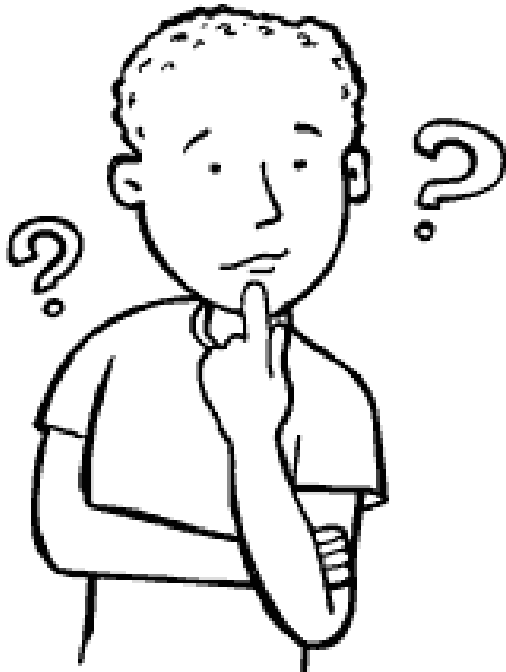




Thinking Thursday



Riddle Me This

- *What goes away as soon as you talk about it?*
- *What has a face and two hands, but no arms or legs?*
- *What has a bed but never sleeps, runs but never walks, and has a bank but no money?*

Riddles and brain teasers are another form of puzzle. Riddles are a type of statement, question or phrase, whose purpose is to make a person think. This type of brain teaser challenges our normal modes of thinking, encouraging us to think in a new way. This keeps our minds stimulated and increases memory power.

True fact - riddles actually can lower stress levels! Being focused on just one task can give your brain cells a chance to relax and can enhance positive feelings.

So, to help your mental health, try out some of these fun riddles:

<https://parade.com/947956/parade/riddles/>

Oh, and what are the answers to the three riddles above? 1. *The silence*, 2. *A clock*, 3. *A river*

NAMI Vermont Minute:

Today is World Suicide Prevention Day. Let's think about this for a minute:

- **Suicide is the 2nd leading cause of death for people ages 10-34.**
- **Suicide is the 10th leading cause of death in the U.S.**

Every year, thousands die by suicide. Suicidal thoughts can affect anyone regardless of age, gender or background.

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or visit the [Vermont Care Partners Intake and Crisis Lines webpage](#) for a local crisis number.

If you want to learn more about NAMI Vermont's support groups, email info@namivt.org or call (802) 876-7949.

