



Thinking Thursday



Logic Puzzle Fun

Spending some time on a daily logic puzzle, crossword puzzle, sudoku puzzle or some other type of puzzle activity can have positive mental health benefits. It can enhance memory, actually reduce stress, and can bring joy and enhance happiness.

Here are some great online sites that offer some fun puzzles. Add a puzzle to your daily schedule for some stress-free fun!

<https://parade.com/970343/parade/logic-puzzles/>

<https://puzzles.usatoday.com/>

<https://www.denverpost.com/puzzles/>

<https://www.ahapuzzles.com/logic/>

NAMI Vermont Minute:

Let's think about this for a minute:

- **1 in 5** adults in the United States will experience a mental health condition this year
- **1 in 25** will experience a serious mental illness.

If you or someone you know is affected by a mental health condition, reach out for help—Talk with a health care professional, call the NAMI Helpline at 800-950-NAMI (6264), connect with friends and family, join a support group.

We at NAMI Vermont can help guide you to the resources and support you need.
Email info@namivt.org or call 802-876-7949 for more info or visit www.namivt.org.