

NOVEMBER 2022

# MHA FERN STREET CLUBHOUSE MONTHLY UPDATE



## Getting Out of Your Comfort Zone By: Savion Cohen (Clubhouse Member)

Stress and discomfort are feelings we all want to be free from, and it is important that we have a comfort zone. A comfort zone is a place or situation where one feels safe or at ease and without stress, Sounds cozy, right? Absolutely, but it can be easy to get stuck inside our comfort zone. Inside our comfort zone, we are in a familiar place where we feel in control, so why would we want to leave? When we are in this safe place, we don't take on new experiences and challenge ourselves, and we tend not to pursue our goals and dreams because doing that can be pretty scary.

Growth is uncomfortable. I have come to learn that getting uncomfortable is just as important as feeling comfortable, because the more I leave my comfort zone, the more my comfort zone expands and the more comfortable I am. And only from leaving my comfort zone, there are things that I know that I am capable of that I did not know I was capable of in the past. Whether it is a routine habit that needs to be changed, or a fear that needs to be faced big or small. There are so many different ways you can step out of your comfort zone, even if it's just for a moment. Take a cold shower instead of watching TV, read a book or go for a walk, talk to someone you've never talked to before, get creative and do some poetry, take an acting class, clean out and reorganize your whole house. These are just a few examples. It's up to you to figure out what you want to do or become and how you can step outside your comfort zone in order to get there.

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## Member Update

It's not goodbye but see you later!

Our Clubhouse Member Corey moved to Georgia in to be close to family. As a token to remember us by he took our Mental Health koala! When he made it to his destination, he messaged us a picture of the koala in his new home! We are excited for Corey and love that he has been in touch letting us know that he has found employment!



## To Make A Donation

You too can help us create a supportive community where all people can flourish by donating today! Thank you for your support!

## Member Highlight

Cliff has been an active member at the Clubhouse and MHA's Well-Being Center. He loves coming to the Clubhouse and giving us new ideas on improving the Clubhouse experience. He also loves sharing his passions with us which includes horses. His love for horses comes from his past employment when he worked on the polo team at Yale University. We enjoy finding out new things about our members! They are always surprising us!

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