

Hobbies are good for your health



With the stresses of everyday life, spending a few hours doing something that you truly enjoy can be just what the doctor recommended.

Whether you choose to spend your free time learning to salsa or doing something more adventurous like bungee jumping, hobbies are a great way to break away from the monotony of everyday life and relax for a few hours.

Hobbies can have great benefits, here are a few:

1. They encourage you to take a break.

Life can become so busy and demanding that you often forget to step back and take a breather. By committing to a hobby, this forces you to spend a few work-free and responsibility-free hours engaging in an activity that makes you truly happy.

2. They help you relieve stress and increase creativity.

Stress, dubbed the silent killer, produces harmful effects on the body and the mind. One way to reduce your stress is by taking up a hobby. Spending time doing an activity you enjoy helps to ease stress and tension.

Hobbies also give you the opportunity to recharge your batteries to better cope with the stresses that work or home life might throw at

you. Hobbies also help to put your brain in a relaxed state, which fosters creativity.

3. They can help you stay healthy.

Having a hobby can keep you healthy both in body and mind. According to research, active hobbies such as playing a sport, cycling or gardening can lower low blood pressure and improve heart health.

Intellectual hobbies such as solving Sudoku or word puzzles, or learning a new language can help to keep your brain active and healthy for longer.

If you are searching for a new hobby, here are some tips to find the perfect one:

- Assess how much you can afford to spend on your new hobby, because trying to maintain something you can't afford can be harmful to your health.
- Build on an existing interest. For example, if you enjoy reading a book, you could try writing one.
- Find something you are passionate about because this will be easier to maintain long-term.