Overview

Benefits of hobbies
Consider new hobbies or reconsider old ones
Get the most out of your hobbies
Benefits Of Hobbies

- Reducing stress
- Enjoying “flow” experiences
- Feeling more in control
Reducing Stress

Hobbies can create a calm atmosphere

Distraction is a powerful stress-reliever
Enjoying “Flow” Experiences

Flow occurs when:

• facing a goal that requires an appropriate responses
• a person's skills are fully involved
• nothing else seems to matter and you lose track of time

When the mind is focused on something it enjoys it’s also much more likely to think creatively
Solving hobby problems can give confidence

Finding creative hobby solutions shows there is a solution to every problem

Taking a break and spending time on hobbies helps to refocus on work
Consider New Hobbies Or Old Ones

To develop a hobby:

1. Write a list of activities and subjects that you enjoy
2. Decide how you can fit in your new hobby
3. Find someone that enjoys the same hobby
4. Check for local resources

Types of hobbies

Compare hobbies with pleasant but less-beneficial pastimes
Types Of Hobbies

Collecting
Making and Fixing
Activity Participation
Liberal Arts Pursuits
Sports And Games
Is it a Hobby?

If the activities I enjoy aren’t hobbies, that doesn’t mean I shouldn’t do them.

A hobby isn’t “better” than a pastime or work I enjoy, or home responsibilities I value.

These activities may not produce as much:

- Improvement
- Stress Reduction
- Flow
Or is it a Pastime?

Not all activities are the same in their potential for flow

Flow-producing activities require an initial investment of attention

Everyone needs pastimes
Get The Most Out Of Your Hobbies

- Increase the opportunity for neuroplasticity through mental challenges
- Improve your physical health with a hobby that involves exercise
- Interact with others that share your interest to build relationships
Increase Neuroplasticity

Hobbies increase mental health, promoting:

- Greater neuroplasticity through mental engagement
- Stronger neural pathways through focus
- Improved memory through challenges
Improve Your Physical Health

Active hobbies can help

- Enhance the immune system
- Improve flexibility
- Promote better quality sleep
Build Relationships

Interact with others in ways that don’t ignite social anxiety

Interact through sports and games without having to make small talk
Summary

Enjoy the benefits of hobbies
Consider new hobbies or reconsider old ones
Get the most out of your hobbies
When to Seek Additional Help

ComPsych counselors are qualified to help you.

There are additional resources for on
www.guidanceresources.com

Check it out!

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