



DO SOMETHING YOU'RE GOOD AT

Purposeful activity is good for mental health.

Having a hobby is a great way to spend your spare time and unwind from your daily routine - whether it's learning a new skill, doing something outdoors, reading, or doing something musical or artistic.

Spending time on an activity that you enjoy can improve your mental health and well-being. Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression.

Focusing on a hobby can help draw anxious thoughts away from your worries for a while and change your mood. Completing a project or feeling accomplished creates a sense of achievement which boosts your self-esteem.

Your interests may be creative, athletic, academic, or something distinctly personal. You may choose a hobby that you can do alone or as part of a group (virtually). Whatever your interests are, there is sure to be a hobby out there for you. What matters is that it is something you find meaningful and enjoyable.

Source: <https://headtohealth.gov.au/meaningful-life/purposeful-activity/hobbies>

How to Find a Hobby

What do you love doing? What activities can you lose yourself in? What did you love doing in the past?

Revive Old Passions

Whatever your reason for putting down your creative tools, you have one to pick them up again. Taking the time to remember why you enjoyed your past activities could bring back your interest and open you up to a world you'd left behind.

Try One New Activity a Week

Do one new activity every week. This strategy requires a little more effort, as you'll need to research and organise time to ensure you're meeting your goal.

Stuck for ideas? You can always try:

- Asking friends and family
- Researching local businesses and sports clubs
- Searching ideas online
- Checking out educational courses

Volunteer

Helping others can be the best hobby of all. Think about what skills you have, and how you might be able to use those skills to help other people.

From there, you can post your availability to social media, or try to find volunteer organisations that need your talents.

Source: <https://www.cbhs.com.au/health-well-being-blog/blog-article/2020/03/19/finding-a-hobby-can-improve-your-mental-health>



"Take note of the times when you feel invigorated, inquisitive, and successful. These moments are clues to what your strengths are."

Source: <https://www.themuse.com/advice/4-ways-figure-out-what-youre-good-at-not-just-passionate-about>