

# Importance of Hobbies

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*EHC - improving quality of life through continuing education*

**UofA**  
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## How to Find a Hobby as an Adult

Having a hobby doesn't just have to be a time filler. It can morph into a passion that gets you excited, helps you recover from a long day, or gets your mind working. It helps you boost the quality of your life, and that's why they're so important to have. Here are seven tips on how to discover what you love to do and find your hobby as an adult. Get ready to feel fulfilled.

**Take it Back to Your Childhood** - If you don't know where to begin, think back to what you loved doing as a kid. Chances are, you still have a lot of those same core interests.

**Try a Couple of Ideas on for Size** - If you're stumped where to begin, throw yourself into options and see how you respond to them. Sometimes doing something as easy as walking around a crafts or sports store can get you thinking. Sometimes you have to physically see an option to get yourself curious about it, so go do some recon work in the store aisles.

**Choose something that will make you forget about your day** - When you find something that gives you a sense of me-time and answers to your personality and interests, you'll find something that's more than just an activity: It'll help enhance your life.

**See If You Have Any Past Hobbies That You Forgot About** - Sometimes our hobbies might feel like projects and we don't realize they could become a running activity in our lives.

**Notice What you Love to Buy As Guilty Pleasures** - Is there a certain thing you just can't help but buy every time you're out shopping? The item might be holding the clue towards your next hobby.

**See What You Want To Change About Yourself** - If you're always on the move and trying to hit a goal or better yourself, make your hobby fit that criteria. Pick one up that will help you change for the better.

**Think Of the Last Thing That Made You Forget to Eat** - What was the last thing you did in your life that made the time completely fly by? When did you have one of those moments where you checked the clock and were shocked you missed lunch or dinner because you were so absorbed in your work? Remember it, and then go after it, or pick apart the core ideas of what made it so special for you and see if you can find them in a different activity.

## **Five hobbies that can improve your health**

1. **Dancing:** A fun form of exercise that provides cardio and improves balance.
2. **Gardening is good for the body and brain.** It provides physical activity and being outdoors increases vitamin D.
3. **Writing is healing.** Writing has been linked to a number of mental and physical health benefits, including improvements in memory, stress levels, and sleep, among other things.
4. **Music is medicine.** Music can boost the body's immune system, lower levels of stress and anxiety, and ease depression. Listening to and playing music was linked to lower levels of the "stress hormone" cortisol. Music is linked to a release of the neurotransmitter dopamine.
5. **Pets: Good for the heart.** Owning a pet may not only provides opportunities for exercise, outdoor activities and socialization, it can also help decrease blood pressure, cholesterol levels, triglyceride levels, and feelings of loneliness.

If you have a regular hobby that you enjoy, why not spend some time thinking about how you might be able to apply your hobby-related activities to improving your health?

And if you are thinking of taking up a new hobby, then we hope this leader training guide has given you some ideas on how to be healthier while having fun!

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### References

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