

## **Hobby Ideas**

Hobbies can provide focus, relaxation and determination, while creating skills and a great sense of accomplishment

### **- Reading**

You can find a huge variety of topics to read about, from gardening, woodworking, baking, quilting, mechanics.

Reading can be independently done in calm and quiet, or you can join a book club or group of people that enjoy the same hobbies to discuss the subject. Reading can also be very affordable as most Canadian communities have libraries where you can borrow books for free!

### **- Physical activity**

Enough can't be said for how great physical activity can be on improving our lives. You can start small with walks around your neighborhood and increase to longer walks through trails and nature. Going for an evening walk after dinner can also help digestion. This hobby is free anytime you want it!

### **- Cooking and Baking**

This can be a great hobby to try if you don't know where to start. A person must eat, so one great way to invest in yourself and explore something new is to nourish yourself with love and food. You can experiment with a new recipe you always wanted to try or a spice or vegetable you've never had before. You can start small if cost is an issue.

### **- Repairing and fixing**

Whether you want to learn how to repair your bicycle, sew a hole in clothing, replace an old faucet or tiles in your kitchen you're tired of looking at.

Repairing and fixing things can give us a great sense of accomplishment. Learning new skills can help with focus, practice adaptability, be calming and produce results that improve our daily lives.

### **- Quilting, crocheting, knitting, sewing**

Quilting, crocheting, knitting, sewing can be done alone or with a group of people. Using both hands can engage both sides of the brain improving learning and memory. Some studies show it could promote neuroplasticity while utilizing different cognitive pathways, essentially improving brain function. Items you make can also be given as gifts or sold.

### **- Wood working, mechanics**

Learning skills in these fields can be rewarding and used as an income. Overcoming challenges with different wood types, uses, stains and the options for creativity are endless. Mechanics are

always upgrading and evolving so this is a great hobby that provides growth and new experiences.

### **- Pottery**

Pottery is an amazing hobby that combines a few skills. Focus and attention to detail are great skills to develop. It gives you a chance to get hands on and mold the clay with your fingers improving dexterity.

### **- Sports**

Joining a team or reading and learning a new sport is great for building self esteem and confidence. Joining a team provides a new environment to be around like-minded individuals, people that are interested in the same things you are. This can build into friendships and other social engagements. If you're scared of joining a team and not knowing what you're doing. Read about it, check some websites and videos and see if it interests you. When you feel ready and comfortable to join a club or team, reach out to the coach, leader and ask if you can meet and discuss the sport. Everyone starts somewhere.

### **Don't know where to begin?**

Try some questions and answers to help get you thinking.

1. What was your favourite activity when you were a kid?
2. Did you like being indoors and doing quiet things like colouring, making crafts?
3. Did you like problem solving and fixing or taking things apart?
4. Did you like being outside and interacting with nature, soil, plants, bugs?
5. Did you enjoy swimming, skating running or riding a bicycle?
6. Did you like the smell of food being cooked and enjoy sitting down for a meal?
7. Did you enjoy trying to be apart of the cooking or baking process?
8. Did like to help others when they asked for your help or you saw a need?
9. Did you like following rules and always trying to do your best?
10. Did you want to spend all your time with friends and being social?
11. Did you like being independent and making your own decisions?