

HOBBIES: DISCONNECT & RECONNECT



Let's face it: life can get pretty hectic sometimes. Hobbies often fade into the background for many people. Responsibilities keep increasing and our schedules are always cramped up with things we need to take care of and hobbies keep taking a backseat. We forget what it is we like doing and how it improves our well-being. Here's a glimpse of how you can reconnect with your hobbies and how it positively impacts your life!

Remember What You Loved About Your Hobby

- Remembering why you used to enjoy your hobby or how pursuing your passions made you feel will keep you motivated to go after it.

Identify the Reasons You Lost Touch

- If you have now decided to pursue your lost passions again, identify the reason why you gave up on your hobby and slowly eliminate it as much as possible.

Take Small Steps Toward It

- Don't overwhelm yourself by trying to do too much at once as that might leave you discouraged.
- Take small steps towards it and see what works for you.

Impact Your Well-being

- Reduce stress levels.
- Decrease your risk of heart disease, certain cancers, and diabetes engaging in hobbies that involve physical activity.
- Increase social connections.
- Improve mental health.

To learn more about the impact of re-investing in your hobbies & where to begin, join our webinar on December 20th, 2023 12-12:30 PM EST 

