

# CULTIVATING YOUR INTERESTS



## HOBBIES CAN HELP

In a time of quarantine and social distancing, you may feel higher levels of stress and anxiety. Fortunately, hobbies can lift away stress levels by keeping us engaged with a relaxing project or interest. Here are some hobbies we suggest to keep your mind sharp and healthy during this time of crisis. Note: There are only a few hobbies listed here, but you can find similar activities based on the resources available to you. Do what makes you happy!

“

*A hobby a day  
keeps the  
doldrums away.*

*-Phyllis McGinley*

”

## LEARNING A NEW LANGUAGE

With a little extra time to practice, learning a new language may not seem as hard. From Youtube videos to apps, there are many resources to get started. If you have access to a smartphone, the easiest way to start is using the app **Duolingo**. If you don't have access to a smartphone there are other ways to learn basic fluency in a new language. For example, watching a movie or listening to a radio station in the language you want to learn!



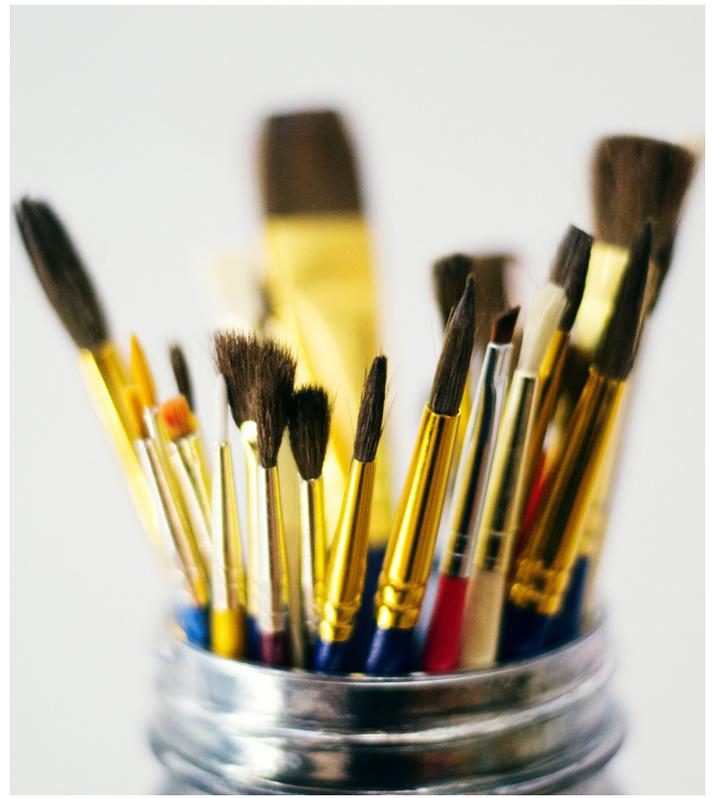
## YOGA/MINDFULNESS

Another great way to spend your time is by helping create a healthier you. Yoga and meditation have great benefits that can help with the toll that a decline in physical activity can have on our bodies and minds. These include maintaining muscle dexterity, increased metabolic rates, supporting respiratory/circulatory health, as well as helping maximize your energy and vitality. A great thing about yoga is that you can do it almost anywhere!



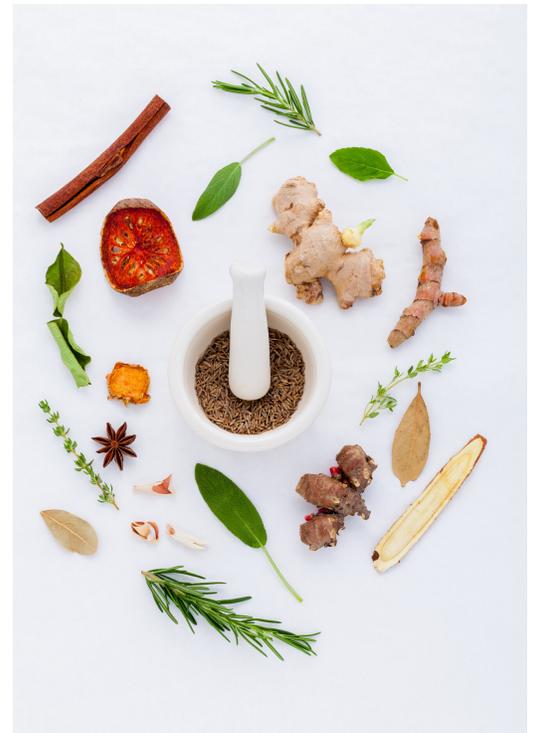
## ARTS & CRAFTS

There is never a wrong time to bring out your creative side! Research studies show that art activities can lower anxiety levels and help us feel relaxed. It can also improve our motor and problem-solving skills. Although art supplies can be pricey, there are many alternatives. For example, simple crayons and colored pencils are inexpensive at many stores. In addition, art isn't limited to just drawing! Try your hand at things like poetry, dancing or origami!



## COOKING

With people spending more time at home, something that can be cultivated into a hobby is clean and healthy eating! Instead of ordering out, which can result in overspending, look up recipes online for all the good food you're craving! There are online platforms, such as Tasty by BuzzFeed, that can be used to hone your culinary skills. From Chinese to Indian food, Tasty provides easy-to-follow recipes and videos to help you create your own masterpiece. Check out one of our favorite clips here:  
<https://tasty.co/recipe/garlic-shrimp-scampi>



Don't have the resources to start a new hobby? This can also be a great time to revisit old hobbies you may have forgotten about!