

Hobbies

Hobbies help take one's mind off life stressors. Doing something enjoyable can allow a person to forget about the things that may be bothering them. "Hobbies can engage you physically and mentally. People who have a hobby are generally healthier," says the director of the Institute of Gerontology at Wayne State University.

According to Dr. S. Ausim Azizi, chairman of the department of neurology at Temple University's School of Medicine in Philadelphia, "When people do things that make them feel good, like a hobby, it activates an area of the brain called the nucleus accumbens that controls how we feel about life. Activities you enjoy also stimulate the brain's septal zone- its 'feel good' area - and that makes you feel happy."

If you don't already have a hobby that you enjoy, you might try:

- listening to music
- doing crafts
- gardening
- playing with pets
- reading
- writing
- playing cards or board games
- doing puzzles
- playing sports
- cooking
- playing an instrument
- going to plays, concerts, or museums
- collecting things
- going antiquing