



# 5 reasons to take up a hobby

Whether it's discussing favorite podcasts or upcycling old dishes, having a go-to pastime has a way of benefiting your health, friendships, and even your career. Here are five great reasons to find (or stick with) an activity that brings you joy:

- 1. Declutter your mind.** While not all hobbies offer the same level of sustained focus or mental engagement, genuine interests foster mindfulness without effort.
- 2. Nourish the brain.** Hobbies that involve reading, writing, creating, or learning instill a sense of purpose while keeping you sharp.
- 3. Enhance your physical health.** Regular gardening, hiking, dancing, yoga, sports, or workouts keep us fit for life—and build confidence and increases energy levels.
- 4. Boost your career.** If you love public speaking, organizing, or writing, let it shine. Unleashing passions at work—while setting yourself apart—can be gratifying and rewarding.
- 5. Explore for the fun of it.** There's no downside to diving in to something new. Be open to the possibilities of finding out if a new pursuit might bring you joy.



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