

Everything Wellbeing: What's Your Hobby?

 Reading Time: 3 Minutes

This week, I thought I'd keep things a little lighter and talk about something that often gets lost in the chaos of work, exams, and life in general: **hobbies**.

"I Don't Have Time for a Hobby"

Sound familiar?

You're not alone. Between membership exams, audits, night shifts, and competitive speciality applications, it often feels like there's barely time to breathe, let alone paint, play music, or pick up a book.

But here's the thing:

Making time for something you enjoy even just a few minutes a week can have a huge impact on your mental wellbeing.

It doesn't have to be anything big or fancy. Just something that helps you decompress, reconnect with yourself, and sparks a little joy.

Rediscovering Old Joys

For me, it was **writing**.

I used to run a blog where I'd pour out my thoughts, but over the years, life took over and I stopped. These *Everything Wellbeing* posts have quietly become my way of returning to that old hobby and honestly, it's been really satisfying.

Maybe you have a hobby you once loved but haven't touched in years.

Why not give it a second chance?

Trying Something New


Or maybe now's the time to try something **completely new**.

The internet makes it ridiculously easy. Whether it's photography, digital art, baking, gardening, or learning an instrument, platforms like **YouTube**, **Skillshare**, or even TikTok make it super accessible to start from scratch.

If you're struggling with motivation, try joining a class or group. Sometimes, a little structure (or accountability) helps. Better yet, get a friend, partner, or colleague involved and learn something together. It's fun *and* a great way to connect.

The Book Club Experiment

I've always loved reading, but like many of us, my attention span has been affected by doomscrolling and short-form content.

These days, I can barely sit for 10 minutes to read without picking up my phone. (Hasn't stopped me from buying books, though my pile of half-read books is out of control. )


I recently started a book club with some old university friends to change that. We're all spread across the country, but we try to meet every 3–4 months to discuss a book. We've only had one session so far, but it was brilliant. It gave us a reason to read *and* to reconnect.

From Doomscrolling to Paint by Numbers

Let's be honest some days after work, all I want to do is crash on the couch. But what starts as rest often turns into endless doomscrolling... and I end up feeling more drained and triggered than before.

I got off social media to stop that, only to find myself lost in YouTube Shorts instead. (The algorithm *really* knows me.)

Then one day, during a random trip to Hobbycraft, I came across **Paint by Numbers**.

It was mindful, easy, and incredibly relaxing. And best of all, you actually create something by the end of it. 

It's now my go-to activity when I need to unwind after a long shift.
Much better than scrolling into a stress spiral.
Highly recommend it even if, like me, you're artistically challenged.

Find Your Thing

So here's my challenge to you:

This week, carve out a bit of time just for you.

Try something creative, silly, or completely new.

Revisit something you loved as a kid.

Join a group. Start a project. Bake a cake. Read five pages of a book.
Even if it's small, it counts.

I promise it makes a difference.

Not just to your stress levels, but to how you show up at work, at home, and for *yourself*.

So wake up the artist, musician, baker, bookworm, or paint-by-number pro in you and most importantly, have fun with it. 🎨

That's it for this week. Thank you for reading! 🙏

And as always:

**“Take great care of yourself,
so you can take great care of others.”**

Warmest regards,

Junaid

Your Friendly Neighbourhood Wellbeing Fellow