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| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | **Hobbies Can Be Good for Your Health**  **Doing recreational activities has many physical and mental benefits. Read on to find out more hobbies you can try and their health benefits.**  Dedicating time to any hobby is good for your well-being. Hobbies have a positive effect on your overall health even if they don’t involve exercise. Doing purposeful activities is a great outlet to release stress, relax, and unwind with no strings attached. Ready to pick up a new hobby? Read on to find some pastimes you can try.  **Ground yourself by planting herbs, trees, and flowers.** Gardening can decrease stress, keep you active, and is highly therapeutic1. If these advantages aren’t good enough, think about the fresh fruits and vegetables you’ll get from the gardening process. Picking your own produce is a convenient way to add some healthy options to your daily menu.  **Make a difference for a four-legged friend.** Dedicating some time with an animal rescue group or shelter provides you with companionship and unconditional love. Whether you foster an animal in your home or walk a dog at a shelter, you will have the satisfaction knowing you are making a difference for a homeless animal. The daily exercise and care an animal requires can help add structure to your day as well.  **You can leave a legacy in different ways.** For example, you can try journaling or writing, which can be a meaningful experience for you, your family, friends, and colleagues. There are no rules for doing this because you’re allowed to freely express yourself on every page you write. If you’re looking to free up your creativity, you might like doing “morning pages” where you can pen down at least three sheets worth of stream-of-consciousness writing. Keeping a gratitude journal is also a great way to let your originality shine through your write-ups.  **Regular meditation changes the structure of the brain, resulting in decreased anxiety, improved memory, and visuospatial and cognitive functioning.** It also boosts immunity and lessens the likelihood of relapse in those prone to depressive episodes. This hobby takes only 10 minutes every day. Yoga and other types of meditation classes can increase your flexibility as well as help improve overall mobility and cardiovascular health.  **Enjoy your well-deserved downtime by focusing on your interests, not your finances.** Having a solid financial plan in place for retirement can help give you the confidence needed to focus on your personal happiness. Contact me today and we can review your current financial situation and address any concerns you have so that you can get started on exploring new hobbies.   |  |  | | --- | --- | | |  | | --- | | [LET'S CONNECT](mailto:##AdvisorEmail##) | | | | |
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