## THE IMPORTANCE OF HAVING HOBBIES

A workday that can be extended many times to more than 8 hours, responsibilities in the home, children, the market, traffic. All are things that unintentionally separate us from our hobbies, those activities that fill us with energy and renew us from the inside. It is important to have hobbies.

According to several studies carried out in the United States, when a person is doing something they like or have fun, their brain secretes more endorphin and more serotonin, called "happiness hormones," so having a hobby can be a excellent way to improve our mental health, our mood and even our body (in case the hobby involves any physical activity).

Hobbies require the development and practice of specific skills, and are linked to learning and personal development. Painting, writing, reading; Music, dance, photography; Collecting among others, are activities that stimulate your brain by boosting your mental agility help to combat the brain deterioration that can occur over the years.

These "hobbies" can also allow you to discover or develop a hidden talent or vocation, as well as some that require interaction with other people (dancing, sports) can stimulate your social life.

From any point of view, dedicating a part of our time to an activity that we are passionate about and motivates us is definitely a benefit for our body and our mind. So it's never too late to start a new hobby. You still don't know what the ideal hobby is for you? The best way to find it is to ask yourself, what do you like to do? What would you like to explore, simply out of curiosity or fun?

Remember that you own your life, and it is only up to you to walk the path of happiness.

Why is it important to have a hobby?

Almost everyone has things they like to do, which they enjoy and that they could be doing for hours without realizing how time passes. Paint, listen to music, watch movies, do fitness ...

These activities are sometimes confused with leisure, and there are those who might think that with them you do nothing but waste time (and in the case of collecting, also money). But hobbies, beyond being an entertainment and something that is done by vocation, is something very useful for mental health, favoring and stimulating well-being.

According to many psychologists, hobbie help to switch off from the daily routine, causing disorders that can be caused by daily obligations such as sedentary lifestyle, isolation, loneliness or stress.

Hobbies are of many different types. They can be outdoors, something that is done either individually or with other people or artistic type. And some of them not only entertain but also help keep the body and mind active.

There are different reasons why hobbies are beneficial:

- They help us to develop and expand our capabilities and know our virtues.
- Serve to disconnect from routine and stress.
- They are perfect to combat nervousness, anxiety and depression.
- Help prevent diseases such as Alzheimer's.
- Contribute to self-control and mental balance.
- They have positive health effects.
- The quality of life and social life benefit.

• Promote creativity, healthy competition and discipline.

In addition, there is another advantage of having a hobby, and that is if it develops at a level that can become professional, it can become the professional career dreamed of by the practitioner, such as athletes, singers, known painters, writers or chefs.

Therefore, if you have a hobby, take advantage of it and do not stop practising it. And if not, it's never too late to start.