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## Hobbies

Often in today's world we find ourselves struggling to find time for our personal life among all the work we drown ourselves in, and when we do find time we spend it idling; We Consume digital media convinced it's the premium form of relaxation available to us in this modern age. Little do most recognize that they're isolating themselves from the same culture that they consume on a day-to-day basis; Most, full of the belief that being the creators of such media is reserved for the talented, the hardworking, and the rich. While some of that is true, you will find out that most hobbies are great for relaxation, give various health benefits, and are easy to get into.

Most individuals throughout the United States might associate hobbies such as art, pottery, and other similar activities as tedious and mentally exhausting but that couldn't be more father from the truth. The misconception about these hobbies comes from a mentality of treating it like a second job, placing expectations on yourself when you should be treating it as a time where you can relax and have fun, thus the name "hobby"; And unlike most jobs there is no pressure for being unable to meet expectations, after all, your future isn't at stake in a hobby.

Besides all the obvious good points about being able to have a hobby there's also proved physical and mental benefits from participating in such activities. There has been consistent evidence throughout the years of how yoga, art, music, and other activities like it have positive effects on your mental health, showing it to be capable of easing the effects anxiety, depression, cancer, and a plethora of other illnesses and diseases. The best part about all of this is that you don't have to be great at these activities, what matters most is the process you go through when you engage in these hobbies as these are the moments where you truly gain the benefits of having a hobby.

As I have a background in art I can understand why some might be intimidated by the entry into such a hobby as it seems black and white, there's only professional artists and child artists; But like most hobbies there's an entire world of communities and resources to access when you get into art, you just have to look into it. Then when you look to get into these hobbies you might be frightened again by the costs of being an artist, whether it be digital or traditional, but you have to remember that the main purpose of a hobby is to enjoy yourself, not to become the best. Only then, once you understand this concept will you be able to truly be able to truly enjoy the hobby you partake in.

Hobbies are an amazing way to improve your health while having fun, an astounding alternative to games or watching media. From various research papers showing the benefits to health that you receive to the communities you can connect with and the friends you can make by picking up a hobby, it's a wonder that most people idle about with social media, watching videos, and games. So all I have to say in the words of myself and many others, "What are you waiting for?".