



Mind Bites

Mindful hobbies



Hobbies focus your mind on the moment, helping to relax you, reduce stress and create positive feelings.

This replicates mindfulness in a way that can be incorporated into your daily life.

A personal story



Salena Pass
Environment Officer
Environment Agency

I have several hobbies, but my favourite is crochet. It allows me to reduce my anxiety and focus.

Breaking the cycle of my chattering brain allows me to step back from my anxiety and reassess the situation. I can also express my creativity and individualism.

Any hobby will do, just enjoy it.

Share your story by emailing:
MeadenFamily18@gmail.com

Tips on mindful hobbies



Choose a hobby that you enjoy. Consider what you want to achieve.



Persevere a new hobby can be challenging but learning something new can give you a sense of achievement.



Focus on the task and push away intrusive thoughts. Replicating the meditative style of mindfulness.



Environment is important. The feeling of the sun, a comfortable chair or a lovely view are antidotes to stress.



Relax there is no rush. Take deep breaths and slow your actions. This helps to release tensed muscles and slows your heart beat.

Useful links

- [Mind - Improve your mental wellbeing](#)
- [Headspace - How to find a hobby](#)
- [TED Talks - When you want to start a new hobby](#)

Give us feedback [here](#).

