Kepro | **Employee Assistance Program**

Developing Special Interests

Studies have shown that engaging in enjoyable leisure activities, including hobbies, can reduce stress, replenish depleted reserves, and lead to overall positive mental and physical health benefits. Developing a special interest can also help promote social connection and reduce isolation. Knowing that there are such positive benefits to engaging in leisure activities, individuals who are feeling stressed, fatigued, or disconnected may want to consider developing or expanding on some special interests.

Start by evaluating your needs. Are you going at a fast pace all day and want to slow things down? Consider hobbies that allow you to enjoy moments of calm and peace, such as knitting, croqueting, writing, puzzles, or painting.

Are you around people all day and tired of interactions? A solitary hobby might help you replenish your energy. Something like fishing, gardening, reading, jewelry making, hand lettering, photography, hiking, yoga, or biking are just some ideas.

Are you alone in a home office all day and feeling disconnected? You may want to engage in activities that get you interacting with other people such as taking a cooking, pottery, or art class, joining a running or walking group, or learning a new sport like pickleball or rock climbing.

Do you feel restless from lack of mental or physical stimulation? Something to energize you such as dance or swim classes, or an activity that stretches your mind such as chess, word puzzles, or learning an instrument might benefit you.

Pressman, S. et al. "Association of Enjoyable Leisure Activities With Psychological and Physical Well-Being". Psychosom Med. https://www.ncbi.nlm.nih.gov/pmc/ articles/PMC2863117/. Accessed February 11, 2022.

Your Employee Assistance Program
Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

Toll-Free:	Website:	Code:
1.800.999.1077	www.EAPHelplink.com	DOUGLAS