

# Hobbies Make the Journey Easier

Managing your ADT is all about purposeful action. We've talked about finding time to exercise more often, being more conscious about what you eat, and taking time to rest and relax your mind. Throughout this journey, you've likely encountered and experienced many new experiences as you've battled with the side effects of your treatment.

But after a while, these new habits can start to feel rote, drab, and even uninspiring. As Rupert Holmes put it, you may find yourself in the "[same old dull routine](#)." This sense of mundaneness can make it hard to stay motivated through your treatment.

If you find this attitude creeping its way into your life, it's time to shake up your routine. For example, why not try something that can give you a bit more variety in life, like a new hobby?

Consistently practicing a hobby is a proven way to stimulate our brains and get excited about life. Many studies show that spending time on activities you enjoy can [improve your mental health and wellbeing](#) while also reducing stress and depressive symptoms.

There are so many different hobbies you could choose from. We obviously can't list every hobby you should consider, but we can give you some categories that may spark some interest.

## **Creative Hobbies**

Expressing yourself creatively may even help you [increase happiness](#) and boost your immune system.

Creative hobbies doesn't necessarily mean arts-and-craft (though that would count). When we say creative, we mean hobbies that access that creative part of your brain. This encompasses a lot of activities outside of what you originally think of.

**Woodworking** is a creative hobby that can go in many different directions. Consider creating functional bowls and other cookware or lean into your artistry and form magnificent wooden sculptures.

**Gardening** literally teaches you to enjoy the fruits of your labor. Start with a simple vegetable or flower garden so you get comfortable with the basics.

**Creative writing** can be a great way to process your experience and put it on paper. You may do this through journaling or get more creative and write an essay on your life and experience. Or you can jump from reality altogether and write that fictional story you daydream about.

**Sketching and painting** are also great ways to express your creativity. If you don't think you can get your paint or pencil to do what you want them to, you can always try out **photography** as well.

### **Athletic Hobbies**

Athletic hobbies get you outside and active, which is crucial for your physical and mental health. There are plenty of hobbies you can try on your own, like **cycling, archery, bowling, or even martial arts**.

You may also consider trying athletic hobbies with your partner, friends, or other family members. Maybe it's time to finally figure out what **pickleball** is all about or join up with some friends for a round of **golf**. Or you might get more adventurous and take up **sailing** to feel the wind and sea breeze on your face.

### **Academic Hobbies**

Academic hobbies tantalize the mind, helping you stay sharp and focused even when your treatment may make you feel foggy. These hobbies can be something you do while you drink your morning coffee, like **completing a crossword or sudoku puzzle or solving complex algebra equations**.

Academic hobbies can also just involve picking up a new skill, like **learning how to play a musical instrument, learning how to cook, or learning a new language**.

Try a new activity and devote time to it every day for the next week. Maybe it's something you've been meaning to try for years now or it's something that is completely new and foreign to you.

After that first week, reflect on how this new activity makes you feel. Is it positive? If so, make this hobby part of your daily or weekly ritual. If you're unsure about your new hobby, give another one a try until you find something that excites you.