

Hobbies for good health

Got stress? Who doesn't. The question is, what can you do about it? Engaging in regular physical activity, eating a balanced diet and taking advantage of any vacation days you have can help. But research shows that hobbies are another way to decrease stress and anxiety. The possibilities are endless, depending on your interests. If you aren't sure what you would like, try several. There are no rules that limit your ability to explore. Running, gardening, photography, hiking, knitting, baking, reading to young children, flower arranging, scrabble games—You will know you have found a stress reliever when you lose track of time while doing it and look forward to doing it again. February is National Heart Month. Give your heart some love by dedicating time to a hobby!