

Employee Assistance Program *Tip Sheet*

Finding Joy through Hobbies



Taking part in enjoyable activities has a direct impact on wellbeing. When we engage in special interests or hobbies, our brain releases dopamine, a feel-good chemical that improves mental health and generally makes us feel pleasure and joy.



Hobbies have many other benefits, including improving physical health if the pursuit is active in nature or providing a way to connect with others leading to decreased feelings of isolation.

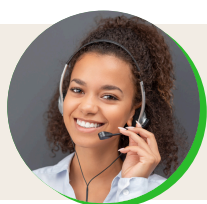
Interests such as:

- Engaging in puzzles and reading can help guard against developing dementia.
- Playing musical instruments have been found to help with memory.

A study conducted by the University of Essex found that taking part in hobbies resulted in an 8% increase in wellbeing and a 10% reduction in stress and anxiety. Those who prioritized achievement over enjoyment were less happy the next day.

If you're looking to find more joy in your life, try engaging in a new hobby or activity that you enjoy. Having a hard time finding happiness in your life? Reach out to the Employee Assistance Program (EAP) today. The EAP can also help connect you with clubs, classes, and other resources.

Reference: "The Science Behind Why Hobbies Can Improve Our Mental Health". Accessed July 21, 2024 from <https://neurosciencenews.com/hobby-mental-health-17765/>

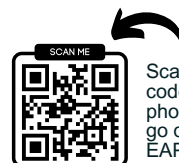


Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE:
1.800.833.3031

WEBSITE:
www.EAPHelplink.com
Code: IOWA



Scan this QR code using your phone camera to go directly to the EAP website

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