

## **TEN PRODUCTIVE HOBBIES THAT WILL MAKE YOUR LIFE BETTER.**

When asked about their hobbies, perhaps in a meet & greet or on a first date, the answer of most (young) people fall somewhere between watching movies, listening to music and playing video games. We don't normally add scrolling through social media. No, it's not something we do in our free time (cause that would make it a hobby) it's something we do all the time!

These hobbies are an important part of our leisure and while no one dares ask you to delete your Netflix app, you can agree with me that there are better ways to spend your free time than bingeing TV shows and tweeting about it.

Yes, productive hobbies are a thing and they come with many benefits. Having such hobbies greatly increases your ability to cope with stress. Experts insist that having a productive hobby will help you structure your time better, make your brain sharper and your thinking faster, improve your creativity, help you meet new people, and even make you a more interesting person. True story!

So while you're keeping up with the housewives of Lagos and watching all nollywood cinema movies, you might as well add one productive hobby to the list.

We have made a list of top productive hobbies you can choose from but before you make your decision, there are few things you should keep in mind.

### **Choose what you like.**

This may seem unnecessary to mention as a hobby has to be an activity you enjoy. But it is still important to say that you have to choose what you actually like. Choose what you will enjoy doing, what you're drawn to or you will not do it which cancels the whole point of the hobby.

### **Choose what stretches your brain.**

A productive hobby should get your brain working. This sharpens your brain functions and fastens your problem solving skills automatically making you more intelligent.

### **Choose what makes you create.**

A productive hobby can also be something that makes you create. Bring things to life by planting or painting. It might surprise you what you are capable of if you just try. Having a creative hobby not only brings pleasure but can also solve some little problems in your house. Take gardening or sewing for example. You might even make some extra cash.

Choosing a hobby that has one or two of these traits will go a long way in making your life easier and better. Now sit back and read through our list of top 10 productive hobbies.

### **Reading**

Reading strengthens brain functions, improves health, reduces stress, makes us more empathetic, and boosts our overall happiness. Yet it is one of the most unpopular hobbies

amongst young people today. Dare to be different! Pick up a book, a magazine, a self help book, an article and add to your knowledge. You won't regret it.

### **Writing**

Writing is an incredibly powerful skill that most people never take the time to hone sufficiently. Being able to put words to paper challenges our minds to think and reflect. It can also be therapeutic. It doesn't have to be a book, you can start by writing an article, a play, a script, a journal. Just putting your thoughts to paper could be your productive hobby.

### **Exercising**

Hitting the gym should not be for only when you want to lose some weight. Exercise is a wonderful thing. Those who exercise regularly tend to be healthier and experience a higher quality of life. Not to mention the confidence that comes with being physically fit and agile.

### **Gardening**

If you enjoy nurturing and watching things grow and blossom, you might want to consider choosing gardening as a hobby.

Gardening has been linked to improved observation skills, decreased levels of depression, and better health.

And even better, you can save some money by growing vegetables and crops that you use in the kitchen.

### **Sewing and knitting.**

Getting crafty and creative with fabrics may be your thing. Honing your sewing or knitting skills teaches you greater focus and planning skills and what's better, it comes with benefits like making your own clothes or even others'.

### **Photography**

We all with our smartphones may think we are photographers but that's not true. It takes skill to take and edit good pictures and if that is what you're into, why not pick up a camera and start snapping. This art allows you to explore your creativity, look at the world from new angles and improve focus. It also reduces stress levels.

### **Learning an instrument.**

This is for those who are musically inclined. If that's you, why not pick up an instrument and master it. Playing an instrument has a tremendous effect on brain function. Musicians have been linked to improved memory and better imaginative reasoning skills. Not just that, honing your musical skills can also make you feel less stressed, be more creative and patient, and have more confidence.

So take that music class today.

### **Learning a new language.**

Do you get impressed when you meet someone that can speak many languages? If yes, then it might not be so bad learning one yourself. Learning a new language will help you stand out

Alzheimer's and dementia, improve your memory and decision-making skills, and make you more perceptive.

**Playing a sport.**

Is there a sport you love? Why not make it your productive hobby. Whether it is football, volleyball, basketball, tennis or baseball, engaging in sports teach us teamwork, how to deal with failure, the art of self discipline and control. They also keep us physically fit and reduce stress.

**Playing a board game.**

Ever heard people say that chess players are usually smart and clever people? Its true and not just for chess, other board games like scrabble and monopoly as have this effect too. They improve brain functions, keep the mind sharp, develop creativity and problem solving skills, and hone your ability to plan and strategize.

So why not learn and play that board game you admire with your friends.

Skip an episode of your favorite TV show today and engage in a productive hobby. You might be surprised what you'd achieve.