

# Cultural Daily

Independent Voices, New Perspectives

## 6 New Hobbies to Try at Home

Our Friends · Monday, April 13th, 2020

Have you been spending more and more time indoors to adhere to the guidelines regarding social distancing? If so, you will probably find yourself battling with boredom sooner rather than later. If, after color-coordinating your wardrobe and organizing the fridge for the twentieth time, you are in search of something more exciting to do, here is a list of six new hobbies that you can try from the comfort of your home.

### 1. Gardening

Gardening has been associated with improved mental health for several reasons. Firstly, it encourages you to get outside and soak up some sunshine.

Did you know that exposure to sunlight can influence the brain to release higher levels of serotonin, the chemical responsible for stabilizing your mood?

Secondly, it helps to distract you from the other worries and concerns in your life, all the while keeping you productive. There is something so rewarding about planting a seed, nurturing it, and watching it grow day by day.

### 2. Witchcraft

Bet you didn't see this one coming. Yes, it's slightly 'off the wall,' but it will almost certainly be something that you have never tried before – unless you are a big Harry Potter fan! Plus, as long as you focus on white magic, there is a good chance that you can positively impact your karma through practicing this hobby. Excellent news considering the current state of the world!

You will need to get your hands on some of the [most popular tools for witchcraft](#) if you intend to take it seriously, such as candles, amulets, etc. Luckily, it's quite easy to order these online.

### 3. Yoga

Yoga is another calming hobby that can work wonders for a person's mindset, especially when trying to function during a global pandemic!

There are thousands of yoga teachers from around the globe who are currently conducting online lessons at a fraction of the cost that you might expect. However, if live teaching isn't important to you, you can download and watch YouTube yoga tutorials online for free instead. All that you'll

need is a yoga mat (or a non-slip surface), some discipline, and a clear head.

#### 4. Painting

Painting is a fantastic emotional outlet and the perfect opportunity to explore and embrace your natural creativity. Even if you have never picked up a paintbrush before in your adult life, nothing is stopping you from giving it a go right now.

If you want to hone your skills or find out how to get started, consider signing up for online classes or, once again, turn to YouTube for free guidance.

#### 5. Cooking

If ever there was a time to work on improving your cooking skills, here it is. With lockdowns around the world, forcing restaurants and takeaway services to close, people are being left with no choice but to make their food.

Avoid having to eat baked beans out of a can for the next few months by practicing your cooking skills as often as you can. Invest in a great recipe book or download a beginners' cooking app on your smartphone and get going. Don't be afraid to experiment with different cuisines!

#### 6. Knitting

Knitting is a worthwhile hobby because it requires calm and focus, and it also leaves you with a wonderful item that you can put to good use once you're done.

You will probably start by knitting something simple, like a scarf. Eventually, you will have graduated to knitting all sorts of essentials, from sweaters and hats to baby booties and gloves. You can keep these items for yourself, give away as gifts, or donate to a worthy cause.

Here's to using your time wisely and keeping a safe distance by staying at home!

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