document 6 hobbi activ person enjoy free time pleasur person satisfact relax someth pursu sake rather work academ financi reason hobbi rang activ pursuit like sport fit creativ pursuit like paint write intellectu pursuit like read learn new skill passiv pursuit like watch movi listen music hobbi give individu sens accomplish person fulfil enjoy also offer opportun social interact network skill develop learn stress relief relax benefit pursu hobbi mani benefit pursu hobbi includ improv mental health hobbi help reduc stress anxieti depress provid healthi outlet emot help individu relax unwind increas creativ pursu hobbi stimul creativ think encourag individu think outsid box lead new idea innov person fulfil self-express hobbi provid individu sens accomplish help express way uniqu person interest enhanc skill develop learn opportun hobbi allow individu learn new skill improv exist skill explor new area interest expand social connect network opportun hobbi help individu meet new peopl similar interest passion lead expand social network potenti network opportun improv physic health hobbi involv physic activ sport fit help improv overal physic health reduc risk chronic diseas reduc boredom increas happi pursu hobbi give individu sens purpos help reduc boredom monotoni lead increas happi life satisfact pursu hobbi posit impact individu ’ mental physic health person growth overal qualiti life differ type hobbi consid mani differ type hobbi individu consid depend interest prefer exampl differ type hobbi activ hobbi hobbi involv physic activ sport fit danc yoga hike creativ hobbi hobbi involv creat make someth paint draw sculpt write photographi cook intellectu hobbi hobbi involv learn new thing engag intellectu pursuit read solv puzzl learn new languag take onlin cours passiv hobbi hobbi involv activ requir littl physic effort watch movi listen music play video game outdoor hobbi hobbi involv spend time outsid natur garden birdwatch camp hike collect hobbi hobbi involv collect curat item interest stamp coin antiqu book