

The Pulse Newsletter



BY THE NUMBERS

The 3 Hobby Rule

A hobby that keeps you in shape



A hobby that keeps you creative

A hobby that keeps you sharp



Source: [Forbes](#).

FOCUS

Hobbies & Your Wellness

Hobbies aren't just fun and games; they're supportive of your health. Whether you are painting the stress away or gardening your way to peace, hobbies help reduce anxiety, boost one's mood and sharpen the mind.

This month, we invite you to puzzle it out, cook up some creativity, and run with a new interest.



REEL IN BETTER WELLNESS

Fishing is a relaxing hobby that offers both mental and physical benefits. Spending time outdoors near water can promote a sense of calm and reduce stress.

Fishing encourages patience, focus, and mindfulness, helping individual disconnect from daily pressures and reconnect with nature.

Volume 5. Edition 6 | June 2026

DETAIL

Let's unwind and thrive

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

Engaging in activities you enjoy can help lower stress, reduce anxiety, improve mood, and provide a healthy outlet for self-expression. Hobbies also encourage mindfulness by helping you stay in the moment, while learning new skills can boost confidence and keep your mind active. Whether creative, active, or relaxing, hobbies are a simple yet powerful way to support a healthier, more balanced life.

Mental Health America (MHA) has found that hobbies:

- Create small wins and a sense of progress
- Bring your attention to the present
- Support other healthy routines like movement and time outside
- Build social connections

When it comes to physical health, having hobbies that reduce stress or get you moving can support your endocrine, immune and central nervous systems. Your risk for health issues such as heart disease, stroke and dementia may be lowered. How to get the most from your hobbies? You can (1) get with a group, (2) find balance by having a mixture of hobbies focused on mental and physical, and (3) take your hobbies outside.