

Why should you have a creative hobby?

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Watercolor painting, salsa dancing or knitting blankets or crochet can not only be super fun activities, but could give you more confidence in yourself, help you focus on your emotions and express them in a positive way and to improve your performance at work! See these and other advantages of having a hobby of a creative nature, according to experts.

It makes us feel good!

To Michelle Harris, a professor in the Psychology Program, Counseling and Expressive Arts at the Massachusetts School of Professional Psychology (MSPP, for its acronym in English), having a creative hobby can increase our well-being, allowing us to express ourselves in a way involving our senses and relaxes us.

"For example, the use of color, textures and rhythmic movement, as do the weaving, helps the mind to relax in a pattern, to positively engage in sensory experiences and imagine a product that is tangible and can be shared with others," said in an interview with Yahoo Women.

Meanwhile, the psychologist Jeanette Raymond said the challenges these pose hobbies encourage us our mind, while reducing stress, feelings of depression and negative thoughts.

Moreover, these hobbies taught to think creatively about other aspects of our life, and increase our confidence in ourselves as we take risks become less fearful. "These activities will activate our unconscious mind, bringing experiences richer and more meaningful life," he told Yahoo Women.

Imagination also plays a crucial role in creative activities, which according to Harris is most important! He explained that the use of imagination allows us to access a part of us that is authentic and resilient, and gives us a deep satisfaction through individual expression.

"So creative hobbies will help us direct our energy positively identify and express emotions constructively and create an image of ourselves as competent beings, developing skills while promoting cognitive functioning," he added.

Having a creative hobby, does it influence our work?

A study led by Kevin Eschleman, professor of psychology at San Francisco State University, and published in the Journal of Occupational and Organizational Psychology revealed that out of 400 employees, who spent part of his time to creative hobbies better collaborating with peers and were more imaginative at work, as their hobbies helped them recover from the demands of the workplace.

When you ask a group of employees who evaluates him in their employment outcomes, and monitor a second group, which was evaluated by peers and subordinates, researchers were able to draw a positive association between creative activities and experiences of recovery work, such as control, relaxation, etc.; and, positive work performance demonstrated creativity in the workplace. Therefore, the study explains that firms would benefit from encouraging their employees to acquire creative hobbies!

For Harris, it is possible to have a hobby that character will improve our work performance, because if we practice it regularly can make us feel more relaxed at work and our cognitive functioning better. "Also, feel competent and important and to know ourselves better, it can bring benefits to all areas of our lives," he said.

But according to Raymond, there is no doubt that these activities will improve our work performance no matter what our job! "A creative hobby gives us a deeper insight and a broader perspective on the job, as well as allowing trust our intuition and not always falls on preset formulas. Also, it will give rise to our creative side to find more creative solutions, and possibly more effective, to everyday problems," he said.

The ideal hobby for you

Do not know what hobby I choose? Think in opposites! For Raymond, the nature of the hobby is less important than the variety of activities, which means that if you spend all day working on a computer, cook creatively or work in the garden can be just what you need. "Both activities will complement and benefit each other," he said.

For Harris, choose a creative hobby is easy: you just need to think of an activity that relaxes you! "It's important to be honest with you about what you really motivate and find it accessible and not become too difficult or frustrating," he said.

He also said that if you know just draw basic shapes, you might try oil painting anxieties bring you more enjoyment! But if that is the color and texture that draws you probably look really decorate objects with decoupage technique.

"Rather than aim to have a finished product, ensures that your motivation for this activity is the take care and have a positive experience. You know your expectations clear and relaxed in your ambitions,"he advised.

And you, do you have a creative hobby? Tell us which one!