

# Health, Happiness, & Harmony: The Holistic Essentiality of Hobbies

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- Presenter does not have any relevant financial or non-financial relationships to disclose relating to the content of this presentation
- The views expressed in this presentation are those of the presenter and do not necessarily reflect those of Nebraska Medicine or UNMC
- PhD, not an MD or DO (i.e. not the kind of “doctor” my mother can be proud of)



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## Learning Objectives

1. Explain what manner of activities constitute a “hobby”
2. Critically examine how hobbies contribute to our physical, mental, emotional, and social health
3. Develop ideas for how to incorporate a variety of personally-relevant hobbies into our regular routine or lifestyle



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### What is a "hobby?"

Effort

Aptitude

Enjoyment

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### What constitutes a "hobby?"

Activity

Has a purpose

Voluntary

Holds significance

Not a means to an end

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### Why hobbies? (What can they do for us?)

Physical Health	Mental Benefits
Emotional Health	Social Health

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### Physical Health

1. Increase our overall physical activity
2. Improve manual dexterity and coordination
3. Relieve (dis)stress!
4. Provide a source of beneficial (eu)stress
5. Live longer?



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### Cognitive (Mental) Benefits

1. Define (or affirm) parts of our identity
2. Help structure our time
3. Boost creativity
4. Improve concentration
5. Instill mental flexibility
6. Enrich our perspectives
7. Encourage life-long learning
8. Reduce risk for dementia



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### Emotional Health

1. Create positive emotions and experience of "flow"
2. Build self-esteem
3. Develop self-confidence through competence
4. Help us avoid boredom and burnout
5. Give us healthy distractions ("breaks")
6. Provide stability during periods of change
7. Create gratifying challenges
8. Increase our zest for life



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### Social Health (The Key to QoL & Longevity)

1. Make us multi-faceted and more well-rounded
2. Make us interesting to others
3. Help us meet new people
4. Provide connection to others and our community
5. Foster bilateral social support



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### The Psychology of Sport

- "Team" provides us with connection, unity
- Teams also share:
  - ✓ Vision
  - ✓ Challenge
  - ✓ Achievement
  - ✓ Transcendence
- A "team" can be [you + 1] or [you + thousands]
- We can capture this in team-based volunteering efforts



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### How Do I Know Where to Start?

**The RIASEC Model and Self-Directed Search**

According to John Holland's theory, our personalities drive us toward specific work environments, each with their own specific qualities and challenges.



We can use a personality-driven three-letter Summary Code to locate occupations (or leisure activities) which correspond best with our personality and thus are most likely to satisfy us. The interpretive report also provides a "Leisure Activity Finder"

<http://www.self-directed-search.com/How-does-it-work/riasec-theory>

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### RIASEC Model for Hobbies

We typically think of hobbies in the R, A, and S domains

- Doing things
- Working with ideas
- Being with people

Consider what aspects of your personality may not be entirely fulfilled by your occupation + other interests

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### RIASEC Hobby Examples

<b>Realistic</b>	<ul style="list-style-type: none"> <li>• Production: knitting/sewing, cooking, woodworking/metalwork</li> <li>• Improvement: gardening, home/car modification, decorating</li> </ul>
<b>Investigative</b>	<ul style="list-style-type: none"> <li>• Analytics: true crime reading, independent research, puzzles, studying</li> <li>• Skill development: foreign language, brainteasers, crosswords</li> </ul>
<b>Artistic</b>	<ul style="list-style-type: none"> <li>• Creative art: writing, drawing/painting, pottery, podcasting, museums</li> <li>• Talent development: photography, music, singing, acting, dancing</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>• "Team"-based activities: athletic activities, concerts/performances</li> <li>• Collectivistic activities: volunteering, traveling, various social clubs</li> </ul>
<b>Executive</b>	<ul style="list-style-type: none"> <li>• Leadership: community organizations, fund-raising, charities</li> <li>• Entrepreneurial: starting an organization/club, event planning</li> </ul>
<b>Conventional</b>	<ul style="list-style-type: none"> <li>• Structured/organized: reading, card-playing, environment organization</li> <li>• Data-based: data/statistics research, board games/number puzzles</li> </ul>

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### What Hobbies Do I Need?

#### The PERMA Model of Well-Being

**Positive Emotion**  
Positive emotions are an essential part of our well-being. Happy people look back on the past with gladness, look into the future with hope, and they enjoy and cherish the present.

**Relationships**  
Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us—family, friends, coworkers, neighbours.

**Accomplishment**  
Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: "I did it, and I did it well."

**Engagement**  
When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being known as "flow".

**Meaning**  
We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, community work, family, politics, a charity, a professional or creative goal.

From Martin Seligman's *Flourish*, 2011

- Where am I doing well?
- Where could I make improvement(s)?

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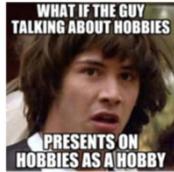
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### Learning Objectives (Revisited)

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### Questions?



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