

#HOBBIES

# Hobbies to help improve yourself

Engaging in hobbies that we enjoy is essential to our continued growth because they improve our quality of life. Hobbies help us indulge into something fun, fascinating and challenging to do in our free time and provides us a feeling of motivation beyond work. The most effective way to develop a hobby is by trying new things.

There are plenty of options to choose from. You just need to figure out what fits your interests the most. When we find a side interest that we genuinely appreciate and are energetic about, we become a better version of ourselves.

Let's look at some activities that can help you grow as an individual as well as help you relive stress.

## Painting

Painting is a phenomenal choice for a hobby, as it challenges our minds and helps to relax as well. It also helps improve our imagination. Painting has become quite popular as a side interest as it is not difficult



to do, and you might in fact be able to bring in some cash from it eventually if you decide to monetise it.

## Gardening

Gardening is a hobby that brings us closer to the essence of life. Planting seeds and watching them grow into magnificent plants can be a metaphor for our own personal growth and development. Growing a garden cultivates patience, perseverance, and a

deeper understanding of the natural world. Moreover, gardening connects us with the earth, grounding us amidst the chaos of modern living.

## Cooking

Indeed, cooking is an incredible option as a hobby. Ideal for individuals who are searching for new recipes to try out. Through trial and error, you will find different recipes that you would love to cook for your loved

ones. After a long day, it's a great way to unwind while enjoying delicious homemade food. If you have ever enjoyed cooking, this is your chance to explore this hobby and you might even consider taking it up as a career as well.

## Photography

Humans are visual creatures and photography is an art form that allows us to freeze moments in time and capture the beauty of everything around us. The act of photography encourages mindfulness and an acute awareness of our surroundings. Through the lens, we learn to appreciate the nuances of light, shadows, and composition, which can be applied to our broader perception of life.

Photographs serve as time capsules, preserving memories and emotions that we can revisit time and again, creating an everlasting impact on our hearts.

When we take on a new hobby, our life becomes a lot more colourful. They provide a break from the demands of work and responsibilities, acting as a counterbalance to the stress and challenges we face on a daily basis. Taking part in side interests supports our psychological prosperity, helps us relax and gives us a sense of satisfaction that cannot be felt through anything else.

By Maisha Tarannum Iqbal  
Photo: Collected

#DECOR

# Home decor ideas to watch out for

Decorating the house that we always wanted can be quite stressful. You might wonder, how do I make my place aesthetically pleasing and also reflect my particular style? If done right, you will have the house of your dreams. If not, you will wind up with a mishmash of furniture, fabrics, and paint colours that never gel into an attractive whole. You will have a far better chance of success if you plan ahead of time and follow the same processes that experienced interior designers do.

If you like experimenting with trends, in 2023, earthy tones are the way to go. Thanks to their calming effects and associations with nature, they increased in popularity during the pandemic, and still rule. Silver and iron accents have also become quite popular in recent times as they add a rustic look to your home decor.

Another popular trend this year is to use a single fabric for everything in a space. You might think this would make a room feel crowded, but it actually provides a soothing, cosy, and stylish impact. Try to pick a pattern or a colour that is not too loud and you will be amazed by the difference that it will make to the ambience of the entire house.

Experts predict that another interior design trend that is here to make its mark is sustainability. Using natural, non-toxic



materials is getting priority in designs now, this also helps reduce harmful chemicals in the air. Wood and stones are some great examples of natural materials that can help maintain the quality of indoor air.

For all the DIY home decor enthusiasts, easy DIY projects like creating a gallery wall with photos of your loved ones, creating



an accent wall or even as simple as adding some LED lights behind your bed can revamp the look of your home. And these DIY tips will not be dreadful for your pocket either.

Your home is a reflection of who you are. And decorating your home is a way of self-expression these days. So, if buying a new

throw cushion or a piece of art makes you happy, then go ahead and do it. By building an environment that allows you to be your best self, you are making an investment that you will cherish forever.

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Photo: Collected