

What is hobby fatigue and how to deal with it

Another reason for hobby fatigue could be that you feel like you are not achieving anything with that particular activity. I used to draw a lot, but after a while, it began to feel like a waste of time. Living in a culture which seldom promotes creativity, I fell out of love for art. While I often do draw from time to time, I find no fulfilment in it.

SABIL SADAT ZAHIR

Have you ever felt like you no longer enjoy doing something that you once really liked doing? It could be a hobby which you did a lot in your leisure time, or anything else you were passionate about once but now that thing makes you feel like you are wasting your time. If the answer is yes, you probably have hobby fatigue or burnout.

Burnout, in general, is usually caused by high amounts of stress or overworking. To recover from such burnout, you need to relax and take some time off. However, sometimes you find yourself in a more complicated predicament when you feel burnout from the very thing that usually helps you relax, like a hobby.

As you grow as a person, your interests tend to evolve. For me, gaming used to be one of my favourite pastimes and during my teenage years, I spent hours upon hours playing games. But now, even playing for 20 minutes feels like a drag to me sometimes. From my current perspective, I see gaming as something you need to give a lot of effort in, and depending on the type of the game, it seems like I am just replacing my real-life grinding with virtual grinding, making it counterproductive. Not that I completely hate playing video games now. Occasionally, I might play something I am still having fun with, but the amount of time I feel like investing into gaming is simply not the same on account of decreased interest and a busier schedule.

Over-familiarity could be one of the reasons why you may feel dissonant with something which once gave you joy. Reading comic books and watching superhero content was also one of my hobbies growing up, apart from gaming. Superhero fatigue may be its own topic, but nowadays I indulge in these things out of habit or as a guilty pleasure. While familiarity can bring comfort, it can also bring boredom. And the thing about nerd culture is that pretty much every fanbase has a certain level of toxicity. So, in my experience, wanting to talk about my interests with a wider community has more often than not resulted in a lot of baseless negativity and gatekeeping, which, in turn, waned my interest in these things in general.

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Now, how do you deal with hobby burnout?

The first thing to note is that you should not try to force yourself to enjoy

the things you are losing interest in. That would just add to the stress instead of accomplishing the intended goal of these hobbies, which is to relieve stress. So, you might find yourself in a loop.

Secondly, you could try to replace those interests with new ones. Gaming may not have the same effect on me as it once did, but I really enjoy watching random shows and movies to relax and that has had a positive impact on me. While I still read comics, nowadays,

I also read more traditional novels of varying genres which I did not read before. This has brought much-needed enlivenment to my reading habits. Then, I found a different and more enjoyable creative outlet for me to replace drawing as I discovered a passion for writing.

Trying to be more productive has also helped with my hobby burnout. Attempting to learn new skills which may help me in my career, gave me a

sense of purpose and progress that I didn't have before.

If you are feeling disconnected from your hobbies, just give the above-mentioned tips a shot. Also, don't hesitate to explore what works for you. Life is about moving forward, and it is okay if your interests keep changing. In the end, what matters is finding healthy alternatives to those things which can bring more positivity in your life.

A university student's guide to time management

IRINA JAHAN

Our minds can be deceptive sometimes. We never actually have a great deal of time to get all our work done, but just enough, if, of course, we focus properly on the task at hand. However, achieving laser focus can be quite challenging, especially when our

mobile phone starts to feel like an extension of our own body after endless hours of scrolling through Instagram Reels.

The best way to manage time, therefore, is to simply stop letting ourselves become distracted for hours on end. And yes, this does mean that watching one extra productivity hack

video on YouTube will be detrimental to this journey.

Now that we have the restraint part covered, it's important to acknowledge that research done by experts has shown that there is only a moderate correlation between the ability to manage time and the quality of performance. This, however, should not discourage us from learning the art of managing our time. At the end of the day, learning to make the most of our day is not a temporary skill but something that will eventually pay off as a form of discipline long after we have tossed our graduation caps.

When learning this skill, procrastination is our enemy. Many students almost instinctively procrastinate on their most important tasks. We cannot let ourselves be deluded by the belief that one works better under pressure because everyone performs optimally at different times. Instead of deciding to study everything in one night, be realistic about your ability to concentrate at a given time and then schedule small time slots for studying.

Razeen Islam, a third-year Finance major who juggles an internship and a teaching job on the side, weighed in on time blocking, something that allows him to navigate through his daily duties. He says, "I rely on a few simple things. Firstly, I am strictly committed to finishing my to-do list. I wake up early and depend on ride-sharing bikes to save time on my commute. What really helps is time blocking, which is basically allocating specific



tasks for specific times of the day."

While these strategies are very effective, sometimes, for students pursuing a time-demanding degree in the field of art and design, life can look a bit different. For instance, Architecture students and Fashion Design students may have to spend long, seemingly endless hours in their design studios. If one is not intentional about how they want to spend their time, they will almost certainly head for burnout.

Ennessy Morshed, a final-year Fashion Design student, is someone who believes in a strict commitment to to-do lists. She shared a few tips that have helped her strike a balance between her studio hours and leisure time throughout university.

"Being a fashion designer means always having your hands full with one task or the other, which can be very draining at times. To avoid

being in this cycle of waking up in the morning and realizing I haven't accomplished much during the day, I always try to schedule my time and write it down. I've also picked up on the habit of working around my personal deadlines to make sure I get everything done well before the last minute. Also, working on more than one project at a time is a big no for me," she says.

She also emphasised the importance of self-care and added, "Taking breaks here and there is necessary to keep ourselves refreshed and passionate about our craft. It's what keeps me away from burning out and negative thinking."

Even with all the right strategies, university life can still be hard. We all struggle from time to time, and more often than not, the blood, sweat, and tears we put into our

degrees will seem like a major sacrifice. So, one's commitment to their ambitions will be their greatest ally in staying on track.

Sanjida Subha, currently studying at United Medical College, said, "Medical students are not known to have a lot of time to themselves. The academic pressure is huge, and we don't really get enough holidays or vacations. It takes a lot of gruelling hard work, and exam seasons can be exceptionally daunting." She informs us that she has learned to get by quite well within her first year as a medical student and quips, "Not all parties are important, not all hangouts are meant for me."

It's a mantra worth noting for

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the next time we are struggling to say no because as students, we have to learn to prioritise our commitments wisely, attend the gatherings that nourish our soul, and unapologetically skip the others.

