

Any Good Hobby Ideas That Actually Work?

Posted by hollyari - 31 Jul 2025 14:52

Hi Chevrah,

After a solid clean streak this week, I'm finding myself getting pretty bored.

My mind keeps going blank, and I'm stressing out just trying to constantly steer my thoughts away from inappropriate places.

I'm looking for hobby ideas—something healthy, exciting, and engaging that can really serve as an outlet when the urge hits. Not just a quick distraction, but something that *actually channels* the energy and keeps me busy.

Here's what I've already tried:

Instruments – didn't click

Exercise – not my thing

Art/graffiti – short-lived

Hiking – really helped, but not always accessible

Still looking for something that'll stick and really keep me grounded.

If anyone here found a hobby that helped them stay busy and clean, I'd really appreciate you sharing it.

Your idea might be the key to my next step in recovery.

Thanks in advance and wishing everyone continued strength!

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Re: Any Good Hobby Ideas That Actually Work?

Posted by BenHashemBH - 31 Jul 2025 15:34

Hey Ari,

Are there any topics, in Torah learning or otherwise, that you feel you might want to put kocho's towards? Perhaps a side profession of interest, or attachment to a chessed organization?

What are your skills and what past experiences might you be able to recall that gave you that taste of true, satisfying living?

For me, there are two separate categories. One is the day-to-day lifestyle choices and schedule that keeps me feeling healthy about life overall. The second is more of the reactionary in-the-moment need for a temporary distraction. I need both, but the day-to-day is by far the more powerful force in keeping me feeling good. The distraction, if overused, either stops working or becomes a different way to numb my emotions and escape instead of processing them.

You mentioned Mario, so maybe you like video games. I do, and I use them sparingly when I really need a break. But in general, the energy I put into my family, my GYE family, and my learning sederim - including relationships with my Rabbeim is what keeps me feeling good so that I don't feel so often that I need distractions.

Kol Tov

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Re: Any Good Hobby Ideas That Actually Work?

Posted by hashemisonmyside - 31 Jul 2025 17:51

I sometimes listen to a good Shiur, or some politics on Kol Mevasser

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Re: Any Good Hobby Ideas That Actually Work?

Posted by vehkam - 31 Jul 2025 23:56

writing is an incredible tool.

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Re: Any Good Hobby Ideas That Actually Work?

Posted by diamondwithaflaw - Yesterday 05:52

I would love a partner to work out and lift weights

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Re: Any Good Hobby Ideas That Actually Work?

Posted by kavey - Yesterday 13:57

1. Interesting appropriate books allow me to really disconnect

2. Exercise...while listening to Rabbi Orlofsky show or an interesting podcast

A couple people where I live are into woodworking

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