



# GROWING WELLNESS

## Mental Health Minute Hobbies

In a culture where being busy often becomes a badge of honor, hobbies can feel like indulgences reserved for people with extra time. Nevertheless, research consistently shows that engaging in meaningful pastimes isn't just fun; it can be beneficial for mental health.

Hobbies can provide structure, creativity, social connection and stress relief, all of which support one's emotional well-being.

As such, engaging in hobbies can have the following mental health benefits:

- Reduce stress and increase emotional balance
- Improved mood and cognitive function
- Increased social connection and community support
- Reduced anxiety and depression



## Live Well, Work Well

The April edition of Live Well, Work Well is here! Get tips to manage seasonal allergies, chronic stress, and cut down on added sugars for a healthier, happier Spring!

## National Monthly Awareness

April is National Donate Life month. This month, if you haven't already, consider registering as an organ donor. One organ donor can save 8 lives and enhance over 75 more through tissue donation.

Anyone who is eligible can sign up to be an organ donor by visiting your state registry, the Department of Motor Vehicles, or [organdonor.gov](http://organdonor.gov).

