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A hobby is a pastime, interest, or activity that people adopt in order to divert their minds from their monotonous work routine and enjoy their leisure. The choice of hobbies differs from person to person. Although watching TV, browsing the Internet, and listening to music are the most common interests of the people, there are a slew of other interesting activities. Hobbies can fall under any of the categories like collecting coins and stamps, playing mind games and solving puzzles, online dating, outdoor adventures, weekend outings, stress relief hobbies etc.

As majority of the working people in US spend nearly 50 hours a week laboring for their paycheck, they only have 20 hours of spare time in the weekends. Add to the boredom, they spend the weekends at home watching TV programs, not to mention that majority of the programs are emotional and lack even the slightest sense of humor. This is not the way to spend the weekends and it's not relaxing either. It's high time that people came out of their shell and do activities that help them get rid of their tension. Let me list out a set of useful stress relieving hobbies that you can consider adopting in your leisure.

Admiring the nature is one of the best ways to unwind during the weekends. Go to the beach with family or friends and admire the nature. The unspoiled beauty of the beach, the natural color of the sand and the pleasant sound of the waves can be solacing to the mind. During the daytime, spend time in the sunlight as this will enrich your body with vitamin D. And energize your body and mind by walking along the shores of the beach. Of course, walking is also one of the healthiest exercises for the body.

Another good way to relax your mind is by having a pet at home. It's proven that having pets like dogs or cats can divert your attention from the daily chores of your life. When I think of pets, there is one more thing that comes to my mind. I feel it's also important to have a dependable security system like the ADT Alarm System to prevent any fraudulent acts like theft or burglary. However, if you have old people or little kids and feel that having a pet like dog or cat can be a hindrance then you can consider having an aquarium at home. It is a wonderful hobby that requires very minimal investment. Doctors have revealed time and again that watching the swirling movements of those colorful fishes can be relaxing and calming to the mind. This helps to bring down stress and anxiety levels. And there is a popular belief among many people that an aquarium brings wealth and prosperity to the home. Photography is a good activity that you may adopt in your free time. Personally, I always have the habit of carrying my digital camera wherever I go. And, I feel there isn't anyone who doesn't like photography. Go for a weekend getaway with your family and take snaps of all the beautiful things that you come across. This can divert your thoughts in a positive way and make you forget your worries. Photography is a wonderful way to capture your joyful moments. The pictures can be preserved and treasured for years. Even if you pull out these photos after a few years it will definitely bring a smile on your face.

Let me come to the best part of stress relieving activities. Laughter is the best medicine for all your worries. The more you laugh, the more you forget your worries. Time and again, studies have shown that laughing is the best exercise for the body and mind. Interestingly, a data states that laughing loudly for 3 minutes gives you the same benefit of jogging for 20 minutes. Other simple and effective activities are Meditation, Yoga, Reiki. So laugh, laugh, and laugh and say goodbye to all your worries.

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Cody is a freelance writer who likes to write on a range of topics including hobbies and entertainment. He feels it is important to secure your house by installing a dependable security system like the a [ADT Alarm System](#).

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