

Wellbeing Insights



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Looking for ways to boost your self-care routine? [Click here](#) for your daily inspiration!

Sparking Up A New Hobby

Hobbies are your brain's best friend. When you engage in activities you genuinely enjoy, you can boost your energy, elevate your mood, and tap into creativity and the satisfaction of a good challenge. Whether you want to unwind, get creative, or feel more connected, discovering an activity you love can make everyday life more enjoyable. Here are seven ways to help you find a hobby that fits your interests and lifestyle.

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Sparking Up A New Hobby

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Tap into Your Childhood Passions

Think back to the things you loved doing as a kid. Did you spend hours drawing, building, pretending, or exploring outside? Chances are, those early interests still hold a spark. Revisiting them may point you toward a new outlet that still feels natural and fun.

Experiment Without Pressure

If you're not sure what you enjoy, try several activities without expecting immediate passion. Visit a craft store, browse a class schedule at a local recreation center or community college, or scroll through hobby blogs for inspiration. Seeing something in person or even just giving it a quick try can unlock unexpected curiosity.

Choose What Helps You Unwind

Look for an activity that gives you space to unplug and feel grounded. Whether it's something calming, creative, or physically active, the right hobby should leave you feeling better than when you started.

Revisit Forgotten Favorites

You may have already tried something in the past that deserves a second chance. What once felt like a phase might be worth picking up again. Is there anything from your past that you cannot quite explain giving up? It may be a great place to start again.

Notice What You're Drawn To

Is there something you always seem to gravitate toward in stores or online? Cookbooks, art supplies, puzzles, tools? The things you naturally want to explore or buy could point directly to a hobby waiting to be discovered.

Align It with Your Goals

Trying to be more active? Looking to reduce stress or learn a new skill? Choose something that supports the changes you're working toward. A well-chosen hobby can improve your daily habits and help you grow along the way.

Identify Where You Lose Time

When's the last time you got so caught up in something that you lost track of time, or even skipped a meal without realizing? Those moments of total focus and flow are often signs you've found something meaningful. Try to recapture that energy in a similar activity.

These five hobbies are known for supporting mental and physical health:

Dancing

A fun way to get your heart rate up, improve coordination, and lift your spirits. You can do it anywhere, even in your living room.

Caring for Pets

Animals encourage daily movement, routine, and affection, all of which are linked to better heart health and less loneliness.

Music

Listening to or playing music has been linked to lower stress hormones, improved mood, and even immune system support.

Writing

Whether journaling or crafting stories, writing can help reduce stress, boost memory, and improve sleep.

Gardening

Great for your body and your mind. Tending to plants gets you moving and brings the calming benefits of being outdoors.



Small Habits, Big Impact: Self-Care That Fits Into Parenting

When you are parenting, it can feel like there is never enough time or energy for yourself. Big self-care routines often fall to the bottom of the list, not because they do not matter, but because they do not feel realistic. That is where small, intentional moments can make a difference.

Taking care of yourself does not have to feel overwhelming. These practices are not about perfection or adding pressure. They are about creating simple moments within your day that help you reset, breathe, and reconnect with yourself.

Take a Parenting Pause, Even in the Middle of Everything

You can reconnect with your body and emotions without needing quiet time, privacy, or a break from your kids. Even a brief pause can help you reset between parenting moments so stress does not carry over into the next request or challenge. Think of it as a way to give yourself the same care you give everyone else.

Try this:

- Pause where you are, whether sitting or standing
- Gently close your eyes if possible or soften your focus
- Take three intentional slow, deep breaths
- Ask yourself:
 - » What is one thing I physically feel right now?
 - » What emotion am I carrying today?
 - » What do I need right now, even if I cannot give it to myself yet?
- Take another deep breath
- End with a quiet reminder: I am doing the best I can with what I have, and that is enough.

The Parent Permission Slip

When you spend your day caring for others, it is easy to believe your needs come last. This small habit helps shift that mindset by reminding you that taking care of yourself supports your ability to care for your family.



Try this:

Write a simple "permission slip" to yourself in your phone, on a sticky note, or somewhere you will see it.

Start with: Today, I give myself permission to...

Finish the sentence with what you truly need:

- feel tired without feeling like you are falling short
- ask for help instead of doing everything yourself
- take a moment for yourself while your kids are occupied
- let go of having everything perfectly planned

Read it out loud at least once during the day, even if it is just to yourself. Keep it visible or write a new one tomorrow.

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Parenting Corner: Small Habits, Big Impact: Self-Care That Fits Into Parenting

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Remember Who You Are Beyond Parenting

When you are constantly showing up for your kids and others, it is easy to lose sight of yourself. Your days can quickly become focused on schedules and responsibilities, leaving little room to connect with who you are at your core.

Even a few intentional minutes can help you reconnect with yourself. Staying connected to these parts of you can help you feel more energized, grounded, and fulfilled. Parenting is an important part of your life, but it is not the only part.

Try this:

- Think about who you are outside of being a parent
- Write down three parts of your identity that are not tied to caregiving, such as:
 - » music lover
 - » reader
 - » runner
 - » friend
 - » creative thinker
 - » lifelong learner
- Each week, choose one and reconnect with it in a simple way:
 - » Read a few pages of a book you enjoy

- » Listen to music that feels like you
- » Check in with a friend
- » Spend a few quiet minutes doing something you enjoy

- Close with a reminder: This part of me still matters. I am more than what I do for others.

Small Moments Add Up

Parenting pulls your time and energy in many directions, but your wellbeing does not have to take a back seat. By weaving small, intentional moments into your day, you can care for yourself in ways that feel realistic and sustainable.

Try weaving these exercises into moments that already exist in your day. Instead of trying to create new time, anchor them to routines you already have, such as taking a breath while washing dishes, reading your permission slip during school pickup, or reconnecting with yourself after bedtime. Consistency matters more than duration. Even 30 to 60 seconds, practiced regularly, can begin to shift how you feel and respond.

These habits may seem simple, but over time they can restore energy and remind you that you matter too. When you take care of yourself in small ways, you strengthen your ability to show up with patience, presence, and care for the people who need you most.



Zucchini Boats



Zucchini boats are simple, satisfying, and endlessly adaptable. Zucchini is low in calories yet rich in vitamin C, potassium, and antioxidants that support immune health and hydration. Its high water content gives it a light, fresh feel, while its mild flavor makes it the perfect canvas for bold ingredients. Swapping traditional refined-carb bases, like bread or tortillas, for zucchini is an easy way to boost fiber and micronutrients without sacrificing flavor. That makes it a smart choice for balanced, feel-good meals or snacks.

Before You Build: Preparing Your Zucchini Base

1. **Choose your zucchini.** Look for medium-sized zucchini that feel firm and have smooth, unblemished skin. They hold their shape best when baked.
2. **Create your “boat.”** Slice the zucchini lengthwise and use a spoon to gently scoop out the seeds, forming a shallow crater down the center. This creates space for your filling and helps the zucchini cook evenly.
3. **Optional pre-seasoning.** Lightly brush the zucchini with olive oil and sprinkle with salt and pepper to enhance flavor and support caramelization.
4. **Bake your base.** Place the zucchini on a baking sheet and bake at 400°F for 10 to 12 minutes, until just tender.

Once your base is ready, it's time to build.

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Build Your Own Bites: Zucchini Boats

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Venture into Variations

Layer your filling ingredients into your prebaked zucchini boats, then return them to the oven for eight to 10 minutes at 400°F, until heated through and the cheese melts.

1. Taco-Inspired

Ground turkey + black beans + taco seasoning + shredded cheddar



- Cook ground turkey in a skillet over medium heat until fully browned.
- Stir in taco seasoning and a splash of water; simmer 2–3 minutes.
- Add black beans and heat through.
- Spoon mixture into zucchini boats and top with shredded cheddar before baking.
- Before serving, top with salsa, plain Greek yogurt, or chopped onions and cilantro.

3. Buffalo Protein Bite

Shredded chicken + buffalo sauce + Greek yogurt + celery



- In a bowl, mix shredded chicken with buffalo sauce and Greek yogurt until coated.
- Fold in finely chopped celery for crunch.
- Spoon mixture into zucchini boats and bake.
- Before serving, top with a drizzle of ranch dressing or blue cheese crumbles.

2. Italian Style Pizza

Ground chicken + marinara sauce + mushrooms* + mozzarella



- Cook ground chicken in a skillet until fully cooked.
- Stir in marinara sauce and mushrooms, then cook for three minutes.
- Fill zucchini boats with the mixture.
- Sprinkle mozzarella on top and bake until melted and bubbly.

*Not a mushroom fan? Swap it for spinach, olives, or bell peppers.

4. Mediterranean Veggie

Quinoa + chickpeas + feta + cherry tomatoes



- Combine cooked quinoa and chickpeas in a bowl.
- Stir in halved cherry tomatoes and season with Mediterranean seasoning, or a mix of garlic, onion, and oregano.
- Spoon mixture into zucchini boats.
- Top with crumbled feta and bake until warmed and slightly softened.
- Before serving, top with fresh parsley, Greek vinaigrette, or diced cucumbers.

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