

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 - 01 Aug 2025 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 - 01 Aug 2025 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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Re: Any Good Hobby Ideas That Actually Work?
Posted by upanddown - 03 Aug 2025 00:31

I enjoy doing home improvements, DIY, tidying up office desk and other areas in the house that have been neglected. It also gives a feeling of **accomplishment**, which is crucial in this battle.

But from my experience, the best one by far is going on an intense jog! It really brakes the urges.

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Re: Any Good Hobby Ideas That Actually Work?

Posted by kavey - 04 Aug 2025 12:53

Question though...you seem more outgoing than a lot of us here lol

Why not build in something special in your calendar as an outlet. Friends, whiskey, cigars, firepit what could be better...and l'shem mitzva!!!

I'll let you in on a little secret. 12 cigars a year a lot of life insurers will allow you to still get best class.

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Re: Any Good Hobby Ideas That Actually Work?

Posted by yitzchokm - 04 Aug 2025 23:02

Friends yes but whiskey and cigars may simply be switching one addiction for another.

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Re: Any Good Hobby Ideas That Actually Work?

Posted by kavey - 05 Aug 2025 15:38

I hear. It's important though to find new outlets. May be a reasonable risk.

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Re: Any Good Hobby Ideas That Actually Work?

Posted by easy - 22 Aug 2025 16:30

Axe/hatchet throwing for me is a good one.

Growing up i did archery but in NY there isnt enough space it requires a little more strength then axe throwing so it is a little better. axe throwing is Cheap (15\$ for 3 axes and 15\$ for some wood) and take focus on your body and movements that get me present and grounded.

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