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mothers taught them how to bake and cook and they both now find it relaxing and therapeutic. Another was taught how to cross stitch by her grandmother and continues this as a hobby. Several women grew up camping, boating, gardening and running and still love to do these things as a hobby. Many of the readers have always loved reading and continue to find it enjoyable.

Some were introduced to their hobbies by others: their husbands showed them how to golf or fish or they were asked to play volleyball or be on a bowling league and enjoyed the comrade. Another participated in a yoga class as a suggestion from a friend and became hooked. A motorcycle driving voyager learned from her husband, who also taught their daughter. They all now go on rides together.

Some began their hobby sometime later in life because it was something that they found interesting to them and they had time for it. One decided to begin looking around on ancestry.com and became captivated by the study of her family's history. This self-discovered genealogist also gardens, something that she started when Yankton opened their Community Gardens.

Though the hobbies all differ, the women agree on the reasons for their hobbies. Their hobbies provide them enjoyment and fun or relaxation and therapeutic release.

What's Stopping You?

I asked these women to think about any hobbies they would be interested in trying and, if so, what's stopping them? There are several sought after hobbies like knitting, crocheting, photography, reading, volleyball, archery, camping, gardening, canning, running, making stained glass and..... skydiving! I have to admit, skydiving would never be something I ever consider but no doubt that this would put some excitement and adventure into life.

Time is the biggest hindrance from starting a new hobby. Other reasons listed were: expense, ambition, previous injury, fear and finding a class or other resource to learn how to begin.

Want to Try a New Hobby?

Thinking of starting a new hobby but don't really know where to begin? There are just a few things to consider when contemplating new hobby:

* What things do you find interesting? What do you like to do?
* What are you looking for in a hobby? Friendship? Solitude? Relaxation and therapeutic release? Exercise? Getting outdoors or traveling? A way to help others?

* How much does it cost you to start the hobby? Are there any supplies or equipment that is required? Are there ways that you can begin your hobby without much start-up costs?

* Would you like a hobby that you do alone or one with other people?

* How long will it take to get started? Is it a time consuming hobby? How much time do you want to invest in your hobby?

* Do you know anyone else who has this hobby? Find out their tips and tricks for making the hobby more enjoyable and for getting started.

Want a Low Cost Hobby?

Looking for a free or low-cost hobby? I found several suggestions for free or minimal cost hobbies. According to freeintenyars.com, there are over a hundred low cost hobbies to choose from: reading, writing, learning a new language, biking, swimming, gardening, camping, listening to music, playing with your children, getting to know someone/meeting other people, playing cards, cooking, baking, scrapbooking, canning, volunteering your time, following a local sports team, donating blood, visiting museums, couponing, bird watching, yoga, meditation, charting your family history and the list goes on and on.(2) With so many things to choose from surely nobody should ever get bored.

It's not easy finding a new hobby. A hobby should come to you naturally. You can't force yourself to do something that you have no interest in or it just won't stick. Sign up for a class that sounds interesting or ask your friends what kinds of hobbies they have and ask their advice if you'd like to try. The key to finding a new hobby is keeping an open mind and be willing to try something new. You might discover something new about yourself and find something that you fall in love with!

Sources:

1. <http://stress.about.com/od/funandgames/a/The-Importance-Of-Hobbies-For-Stress-Relief.htm>
2. <http://freeintenyars.com/frugal-tips/100-cheap-hobbies/>

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