

HEALTH & MIND CLUB

# NEW YEAR, NEW HOBBIES

## – NURTURING MENTAL HEALTH THROUGH

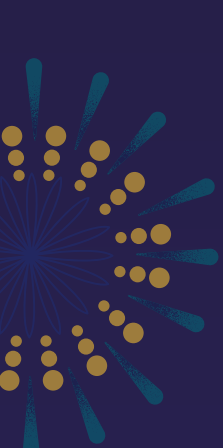
### *Passion and Creativity*

The start of a **new year** feels like a fresh page, a chance to explore interests that bring joy and balance to our busy minds. Picking up a new hobby whether it's painting, writing, music, or even something as simple as journaling gives space to breathe, reflect, and express ourselves beyond routines and responsibilities. Engaging in creative activities not only sparks excitement but also helps manage stress, boost focus, and strengthen emotional resilience. This year, let's embrace curiosity, follow our passions, and use creativity as a way to nurture our mental well-being, one small step at a time.



## IN WHAT WAYS DOES CREATIVITY AND PASSION FOSTER MENTAL HEALTH?

Life can feel heavy sometimes. Between our work, responsibilities, and endless to do lists, it is easy to feel drained. That is where hobbies and passions quietly help. Something as simple as cooking a meal you love, listening to music, sketching, gardening, or learning a new skill can make a real difference. When we spend time doing something we enjoy, our minds slow down. Stress feels lighter and thoughts become calmer. There is no pressure to be perfect or achieve anything big. Just showing up and enjoying the moment is enough.



Hobbies also remind us that we are more than our routines. They bring small moments of joy and give us a sense of balance, especially on difficult days. Even a few minutes spent on something we love can lift our mood and help us feel more like us again. When we lean into what we love, we trade the noise of the world for a quiet sense of belonging within ourselves. It is in these unhurried moments of passion that our spirits find the space to breathe and the strength to begin again.

Creativity does not need talent or experience. It only needs time, curiosity, and the willingness to try. And sometimes, that is exactly what our **mental health needs**.



*“New Year,  
New Me”*

isn't about becoming someone else overnight, it's about the daily choices that slowly shape who you're growing into. Real change lives in the ordinary moments.

- i. showing up even when motivation is low, choosing consistency over perfection
- ii. protecting your energy by resting, setting boundaries, and knowing when to pause
- iii. choosing progress over pressure, allowing growth to be gradual and humane
- iv. being intentional with your time, even if it's just a few mindful minutes
- v. practising self-reflection, learning from patterns without harsh self-judgement
- vi. being kind to yourself, especially on days that don't go as planned



In the end, the **“new you”** isn't defined by resolutions, but by the quiet discipline and compassion you practise daily. Change doesn't announce itself, it becomes visible over time.

Life can get overwhelming between school, expectations, and the constant rush to do more, it's easy to feel stressed out. This is where hobbies step in as a breath of fresh air. Whether it's playing a sport, listening to music, drawing, dancing, or even journaling, hobbies give us a break from the noise and let us **reconnect** with ourselves.



# WHAT ROLE DOES CREATIVITY PLAY IN SELF-EXPRESSION?

Creativity supports self-expression by giving individuals a dynamic way to communicate their identity, interests, and emotions, especially in settings like digital media where personal voice and perspective are important. According to research published in International Journal of Environmental Research and Public Health, self-expressive creativity reflects behaviours that allow people to externalize what they feel and think whether through digital media, art, or personal projects which in turn is linked with **emotional awareness, confidence, and a sense of self-efficacy**. The study found that higher self-expressive creativity is associated with stronger emotional recognition and personal clarity, suggesting that creative expression helps people translate internal states into meaningful output that reflects who they are.

<https://www.mdpi.com/1660-4601/16/22/4527>

VALUE OF  
THE MONTH:

*Curiosity*

Curiosity is often the starting point of **growth and creativity**. When students let their interests guide them, learning becomes more than a requirement; it becomes the source of motivation and enjoyment. This mindset brings several valuable benefits.

1

Curiosity reduces the burden of learning by turning it into an enjoyable process.

3

Curiosity nurtures creativity and independent thinking, inspiring us to learn a lot in the new year.

2

It helps individuals recognize their interests and passions by encouraging students to explore beyond their classroom.



By staying curious, learning becomes enjoyable, passions are discovered, and the **new year** begins with purpose, positivity, and confidence.

## HOW TO BE THE BEST VERSION OF YOURSELF?

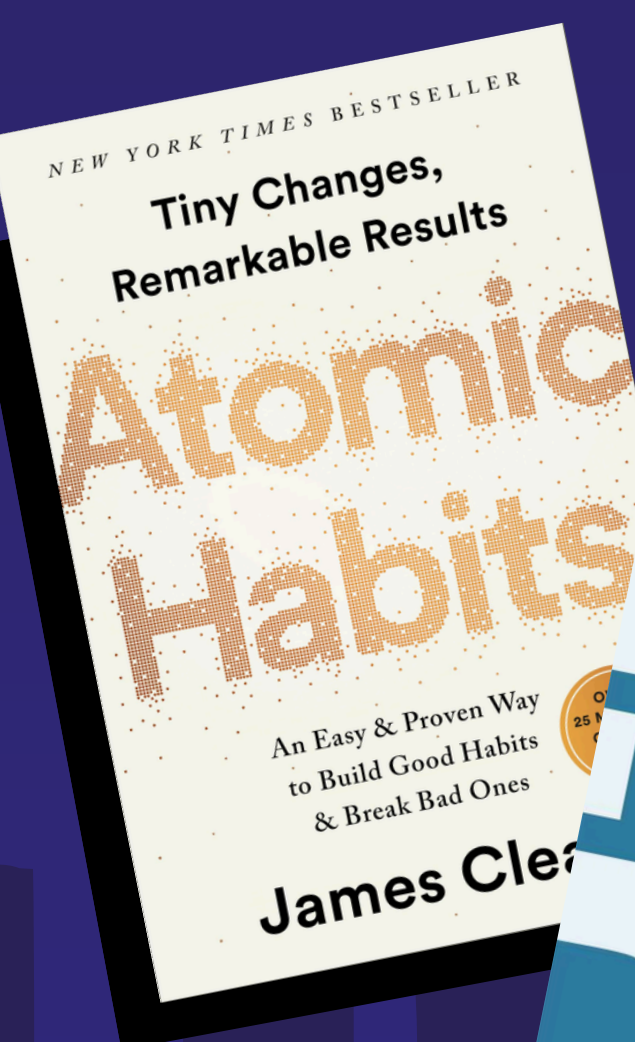
Becoming the best version of yourself begins with acceptance, not self-rejection. When you stop fighting who you are, growth becomes more natural and lasting.

- i. acknowledging yourself honestly, your strengths, flaws, past experiences, and present reality
- ii. letting go of constant comparison, understanding that every journey unfolds at its own pace
- iii. working with your nature instead of against it, improving gently rather than through self-criticism
- iv. accepting imperfection and viewing mistakes as part of learning, not as personal failures
- v. choosing actions that align with your values instead of seeking external approval



Ultimately, **self-acceptance** is not about settling for less, it is about building yourself from a place of respect and clarity. When you accept who you are, you give yourself the freedom to become who you are capable of being.

## BOOK RECOMMENDATIONS ON THE THEME

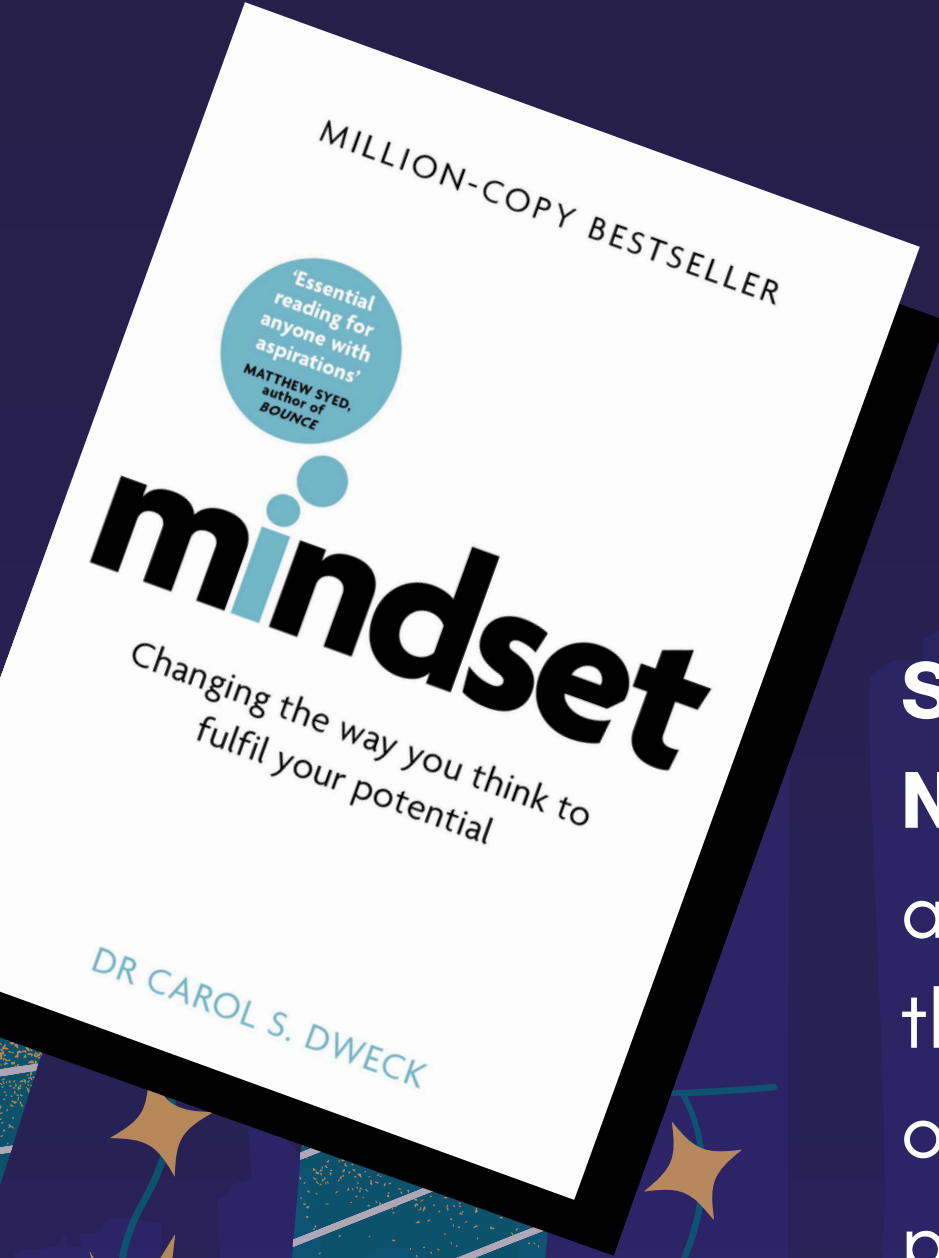


**Atomic Habits by James Clear** - "Atoms are the smallest unit of matter," and proud to say this isn't just the reading of your grade eight textbook; this is the wider view of building yourself from scratch.



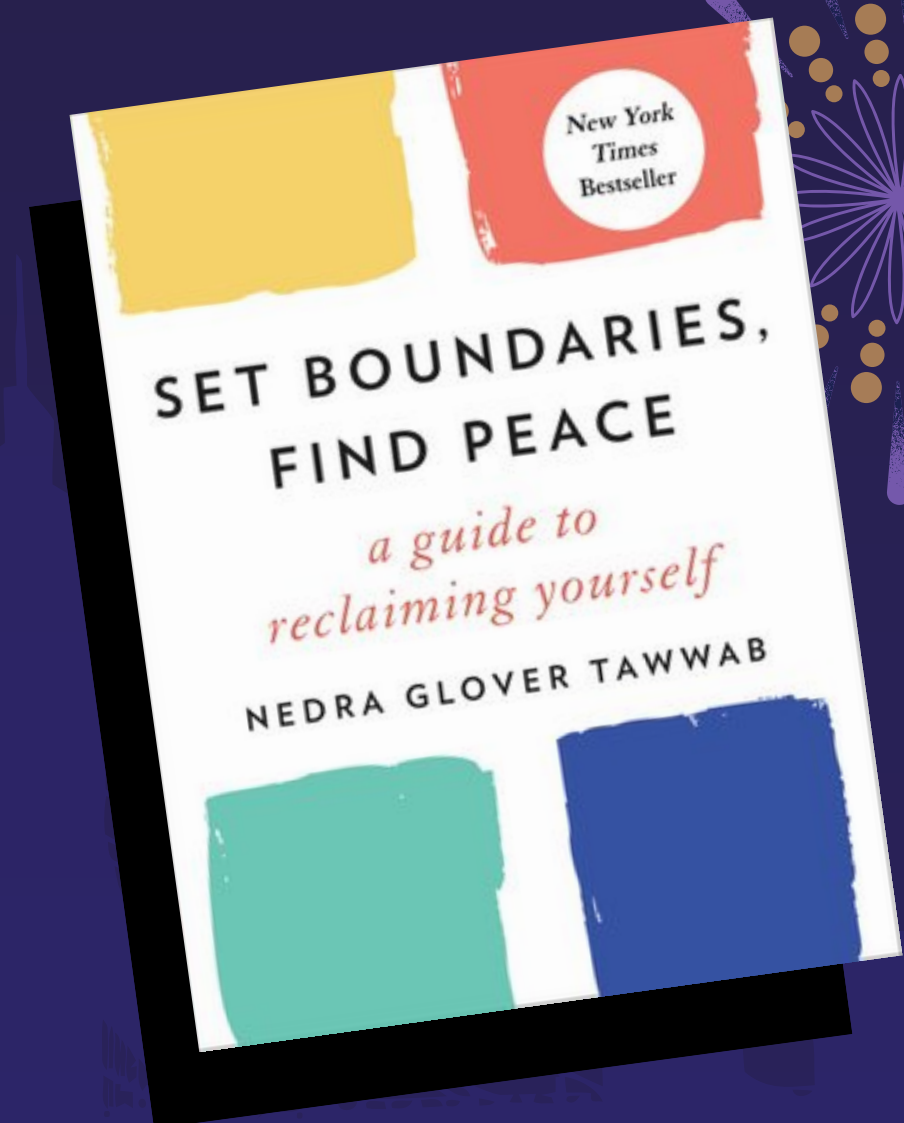
**The Gifts of Imperfection by Brené Brown** - If you are that perfectionist who needs their things in one place, sorted and up the shelf, kudos





**Mindset by Carol Dweck** - Because a teenager is exactly the spike in your life where you ask yourself the question of a "why?"

**Set Boundaries, Find Peace by Nedra Glover Tawwab** - And if you are one of those who spiral themselves after the consequence of using every "la negation" in places where saying it was a must.



## Words Spotlight:

Creativity - using imagination to produce something new or express yourself

Self-expression - sharing your thoughts, feelings, or ideas through words, art, or actions

Positive reinforcement - rewarding yourself to encourage healthy behaviors

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