



BE VERDANT PODCAST SUPPLEMENTAL GUIDE

Episode 29: Kneading a Distraction Hobbies to Help with Stress Management

1. **Walking:** Going for a walk, however short or mundane, can help clear your mind. By present during your walk, paying attention to your pace, any tension in your body, and the world around you.
2. **Gardening:** Planting, digging, and weeding all have repetitive and satisfying experiences that can help expend pent up energy and clear your mind. And it can look great too!
3. **Maintain an Aquarium:** Be it a feeder fish in a small tank to a saltwater ecosystem in your living room, water-based additions to your surroundings have been scientifically proven to destress.
4. **Play a Game:** There are several online game platforms with easy-to-learn games. [Boardgame arena](#), [Jigsawpuzzles.io](#), and [Tabletopia](#) are three of my favorites.
5. **Volunteer:** Find a mission you care about and an organization dedicated to that cause. Most nonprofits would be happy to leverage your expertise. Need ideas? Check out sites like [Catchafire](#) to find organizations in need.

Find more tips at <http://verdantconsulting.net>