

Another reason to pursue fun hobbies

First For Women · 8 Jan 2024 · 42

Having a purpose in life boosts emotional wellbeing, and now, researchers in JAMA Network Open say it's also linked to brain health and memory. The scientists assessed data from two large population-based studies and found that subjects in both preclinical and clinical stages of dementia were more likely to declare a lack of purpose in life. The research suggests that staying active with hobbies that are important to you, like following your passion for painting or gardening, may help ward off this mental decline—and slow it if it's already begun.