

EAP Tips – The Importance of Cultivating Interests

Are you still pursuing your interests while taking care of your work, family and children?

Make good use of your time after work to develop interests without concerning for your age, abilities and performance. Take the initiative to immerse yourself into something makes you happy, helps you learn and is a meaningful activity so as to improve your life satisfaction.



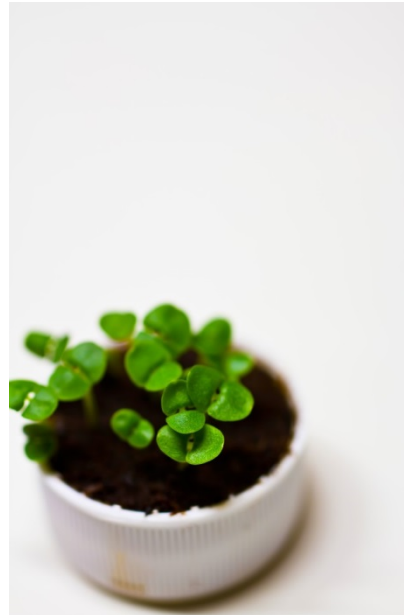
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If you are interested to know more about “**The Importance of Cultivating Interests**”, please call our **24-hour EAP hotline** for **Work/life Information, Coaching, Counselling and Consultation services**. All information will be kept in **STRICT confidence**.

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5 Benefits of Cultivating Interests:

- Expanding your social circle
- Building confidence
- Relieving stress
- Staying away from boredom
- Maintaining a young state of mind and curiosity



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5 Questions to Discover Your Interests

- Looking back at your childhood, what did you enjoy doing the most?
- What interest did you have when you were a child?
- When shopping, are there something unnecessary, but you cannot help to purchase that relates to an interest?
- Walk around department stores, libraries, and boutiques to observe what attracts you the most.
- What activities have you engaged in that you were fully immersed, even forgetting sleep, meals or other worries in life?



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4 Tips for Cultivating Your Interests

- Discover your interests.
- Explore and establish appropriate platforms for your interests, e.g. classes, internet group events, and self-learning books.
- Be aware that interest is built upon practice and experience. This process cannot be rushed.
- Once you discover an interest that you truly have a passion for, be sure to make your time after work and stay persistent.



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