

Having a hobby is important to your well-being!

There are many benefits to having a hobby you enjoy, whether you are male or female, young or old. If you enjoy a hobby, you are more likely to be a happier and well-rounded person. It's a well-known fact that having a hobby can increase eye-hand coordination, patience, and attention-to-detail -- and a hobby can lower anxiety and stress -- things that often help improve one's job or school performance.

It has been reported that soldiers and veterans with PTSD find hobbies such as model kit-building beneficial because it allows the mind to focus intently on one task, which is very therapeutic.



We think hobbies also sharpen one's analytical skills and offer a sense of accomplishment leading to higher levels of self-esteem. That's why hobbies are great for kids -- and anyone at any age. Having a hobby opens the door to a lifetime of learning and enjoyment. Your hobby can offer opportunities to make friends who share your interests, which can also contribute to an overall sense of happiness and well-being.



Many hobbies allow you to express your creativity and satisfy your desire to share your creations with friends, family, and the public. Accomplished hobbyists can pursue recognition through competitions, which can be very rewarding.

Of course, a hobby doesn't have to cost a lot of money to make you feel good. Collecting beautiful rocks or shells can be rewarding and costs nothing. But if you have a budget to pursue a hobby, and you like model trains, planes, cars, kit-building, and other hands-on hobbies... you might like Scale Model Supplies!

The staff at Scale Model Supplies is ready to help you find a great gift for a hobby enthusiast, or be your favorite place to shop for a hobby you already enjoy. We hope everyone finds a hobby that they find rewarding and enjoyable.

