

1. Collins, Pam. "Positive Impact of Hobbies on Your Mental Health." *Oaks Integrated Care*, 19 Sept. 2023, <https://www.oaksintcare.org/positive-impact-of-hobbies-on-your-mental-health/>

This article gives a description of the impact hobbies can have on the mental health of people that are struggling to find joy or cope with something going on in their life. The author writes about the positive effects of hobbies such as "reduce stress, enhance your mood, increase creativity, improve focus and concentration levels, bring a sense of accomplishment and enhance social connections." This article also gives some examples of good hobbies to pick up to help with these stressors, like creative hobbies, physical and outdoor hobbies, and learning and educational hobbies. This article may be biased because it is coming from an organization that is trying to promote the many programs they run that help people with their mental issues. However, I feel this article is still a good source for me to use for my capstone because it gives me insight into the different benefits of different kinds of hobbies.

2. D'Amico, Pat. "10 Hobbies That Combat Stress in Teens ." *Paradigm Treatment Center*, 3 Jan. 2024, <https://www.paradigm-treatment.com/10-hobbies-combat-stress/>

This article provides ten different hobbies that can help teens and young adults deal with their stress. The hobbies range from physical activities, activities that help with motor skills, and reading and writing activities. The author for the article may be biased, as she is the Executive Director of the Paradigm Treatment Center, so she may be only writing this article to try and promote her center. However, I feel like this article is still a good source for my capstone because it shows a professional in mental health's opinion on some ways you can reduce stress at home.

3. "Mental Health - Poor Mental Health Impacts Adolescent Well-Being." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 6 Dec. 2023, www.cdc.gov/healthyouth/mental-health/index.htm

This article provides information on teen mental health issues and why some of these issues may occur. The main takeaways from this article is that the number of teenagers that have reported having a mental health issue has increased throughout the past few years, building bonds and connecting with teenagers can help improve their mental state, and that school and parents should try to create protective relationships with teens to help improve mental health. This article is a good source for my capstone because it shows that the minicourse I want to run could help not only introduce teens to hobbies that help keep their mind off stress, but it can also help them create new relationships and connection with friends.

4. "Mental Health Disorders in Adolescents." *ACOG*, American College of Obstetricians and Gynecologists,

www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2017/07/mental-health-disorders-in-adolescents Accessed 24 Jan. 2024.

This article talks about the different conclusions that researchers were able to come to after doing research into the mental health of teenagers. The main one that stuck out to me was that the most common mental illnesses in adolescents are anxiety, mood, attention, and behavior disorders. This article is helpful towards my capstone because it gives me insight into the different things that teens are specifically going through. I can use this information to better pick hobbies to introduce to the kids in my minicourse that help with the specific things that teenagers are experiencing.

5. *Mental Health of Adolescents*, World Health Organization, www.who.int/news-room/fact-sheets/detail/adolescent-mental-health Accessed 24 Jan. 2024.

This article provided statistics on how many teenagers are experiencing mental health disorders, and the effects they can have on their adulthoods. The article stated that “Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group.” This shows that the conversation on what we can do to try and help teenage mental health is a relevant topic as it is a very common experience among young adults. The article also stated, “The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.” Again, this quote shows that my capstone topic is a relevant topic, and that it should be addressed in order to help teens that are struggling so that that struggle doesn’t proceed into their adult lives.

6. Pressman, Sarah D, et al. “Association of Enjoyable Leisure Activities with Psychological and Physical Well-Being.” *Psychosomatic Medicine*, U.S. National Library of Medicine, Sept. 2009, www.ncbi.nlm.nih.gov/pmc/articles/PMC2863117/

This article shows the results of a study done on people between the ages of 19–89 years, where they tried ten different types of leisure activities and recorded how they affect both their physical and mental health. The results showed that after trying these new activities there were reports of higher levels of positive psychosocial states and lower levels of depression and negative affect. This article is helpful towards my capstone because it shows that hobbies can have a positive effect on people's health, and that trying out new hobbies is worth a shot when you are struggling both physically and mentally.

7. “Purposeful Activity.” *Head to Health*, Australian Government, www.headtohealth.gov.au/living-well/purposeful-activity Accessed 24 Jan. 2024.

This article talks about “purposeful activity,” which is doing things that help get you out of bed and get going on your day. The article stated that, “These activities are satisfying, make you feel like a contributor, build your sense of self-worth.” The author talks about how when you are doing something that holds purpose in your life, it helps reduce stress, depression, and low moods. This article is useful towards my capstone because it shows that putting time into things you enjoy can help you feel productive and keep your mind off of stressful things in your life.

8. “Pursuing a Hobby Can Improve Your Mental Health.” *Connect Health & Community*, <https://connecthealth.org.au/enews/pursuing-a-hobby-can-improve-your-mental-health/#~:text=Spending%20time%20on%20activities%20that,for%20activities%20that%20you%20enjoy>. Accessed 24 Jan. 2024.

This article talks about how hard it can be for people to set aside time to purely use for themselves because of things like work and school, but that having a hobby on the side can help relieve the stress of their full time duties. The author talks about how hobbies can reduce stress, how creativity can boost wellbeing, and that hobbies can help you form connections with others which can help with the stress of feeling alone. This article is useful towards my capstone because it gives me insight into why it is important for people to find at least a small amount of time in their busy lives to do something for themselves so that they don't start to have poor and low moods.

9. “Teen Mental Health: How To Know When Your Child Needs Help.” *HealthyChildren.Org*, www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx Accessed 24 Jan. 2024.

This article provides insight for parents of teenagers on what stressors teenagers are facing in their lives and how to look out for signs of poor mental health in the child. The main stressors the author talks about in teen's lives is the overwhelming feeling that they have to figure out what to do with their futures, and tough schedules that don't allow enough time for rest, relaxation and unstructured fun. The things the author tells parents to look out for are things like changes in sleep, weight, eating habits or other everyday patterns, and loss of interest in the things they usually love or quitting activities that they enjoy. This article is useful towards my capstone because it provides me with information on how mental health issues have an affect on teen's everyday lives.

10. University, Utah State. “How Hobbies Improve Mental Health.” *USU*, 14 Dec. 2023, <https://extension.usu.edu/mentalhealth/articles/how-hobbies-improve-mental-health>

This article provides information on how hobbies can improve mental health, and what can help to make time for hobbies. Some benefits of hobbies that this article talks about is that they reduce stress, enhance well-being, improve social connection, and decrease depression and anxiety. The

author says that cutting down on time used on social media and watching TV can help give you more time to participate in your hobbies, and that taking “micro breaks,” throughout your schedule could be a good short time to use towards things that make you happy. This article is useful towards my capstone because it gives me more ideas on how to use your time more effectively and dedicate time to your hobbies.