6 Great Hobbies for Fibromyalgia

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Fibromyalgia-Friendly Hobby Ideas

When you are chronically ill it becomes easy to focus on what you can't do. You may have had to give up activities that you once loved. Or if you've been ill most of your life, possibly you see others your age going and doing things you would like to try, but know are not within your ability. This is disheartening. It can even lead to depression.

Maybe once upon a time you went hiking, rock climbing or some other physically challenging activity. Maybe you spent time volunteering, something that required you to be on your feet for long periods of time. Maybe you just really liked shopping, spending time browsing the mall.

For some of us, these may be close to, if not completely impossible now. Others may have to severely reduce the amount of time spent in such pursuits.

The good news, though, is there are things we can do! We do not have to just give in and give up. We do not have to sit on the couch or lay in bed doing nothing all day. There are plenty of fibro-friendly hobbies and activities that we can enjoy.

Fibro-friendly Activities

One of my favorite pastimes is reading. When I read I can be transported to the past, the future, to other countries, even other worlds. I am able to associate with people from all different backgrounds and cultures. I am able to learn many things, constantly expanding and broadening my horizons. I am able to go on many different adventures, all from the comfort of my own bed.

If you do not enjoy reading, maybe you just haven't found the right genre of books. Books come in so many varieties, I genuinely believe there is a book out there for everyone!

I also enjoy photography. Thanks to fibromyalgia I do not have the best memory, but photographs are able to save my memories for me. Pictures are able to capture the good, the bad, the beautiful, the exciting. If ever I feel down, I can look through my many photos and remember happier times and places.

Thanks to modern technology, most of us already have a camera on our phone. They may not be professional grade, but it can still be fun to capture the moments that you don't want to forget. Plus you are then able to carry your photos around with you to look at whenever you want.

Next page: more fibro-friendly activities.

Fibro-friendly Activities

Along the same lines, I also enjoy scrapbooking. Taking the extra special memories and turning them into something even more special.

I recently took up gardening as well. Gardening could be a challenge for fibro sufferers, as it has potential to be strenuous. That's why it is important to keep things simple and, if possible, get someone to help out with the more difficult things.

I have a small container garden with four vegetable plants and another pot with one strawberry plant. My husband was able to help out with carrying the heavy bags of soil for me, which I was very grateful for. Now the only thing I have to worry about is watering, feeding, and keeping critters from eating them. All well within my abilities. Gardening is very soothing and calming. And if things go well I will have some healthy, fresh fruits and veggies to enjoy this summer!

I also find journaling to be incredibly relaxing and therapeutic. There are some things that I experience because of suffering with fibro that I need to get off my chest. But most of the time when I try to tell someone how I feel, it seems to come out as a bunch of gibberish. And to be perfectly honest there are some thoughts I just do not want to share with another person. Writing is the perfect outlet for all of those emotions. Keeping too much bottled up is unhealthy. So pick up a pen and some paper and let your thoughts flow. The great thing is is it doesn't even have to make sense, just write down the things you need to get out, and see if you don't feel like a ton of bricks have been taken off of your shoulders.

There are many various arts and crafts projects that are low impact and accessible for chronic illness sufferers. Creating something can bring you so much happiness and joy. These creations can be given as gifts, to bring happiness and joy to others. They can be sold to help cover the constantly rising medical bills most of us have, or a portion of the proceeds could go to a worthy cause. I know of many other fibro sufferers that have enjoyed knitting, sewing, making jewelry, plus so much more.

Another therapeutic activity is coloring. Yes I do mean using crayons or colored pencils with coloring pages. And before you dismiss this as child's play, it really is very enjoyable and calming. Plus there are a lot of options for more grown-up versions of coloring pages that can be purchased, or you may even be able to find free printables offered online. Coloring can now by all means be a grown-up pastime. But really, who wouldn't enjoy feeling like a kid again every once in a while.

This list is really just a small amount of the hobbies and interests we can spend your time doing. The key is to find the right activity for you. Find something that makes you excited, something that calms you, something that helps pass the time, and keeps depression at bay.

Keeping mentally active will be extremely beneficial. Let us not dwell on what we are unable to do, but instead appreciate all the things we are able to do! We are capable of so much, even if we are limited in certain areas. Don't let fibromyalgia keep you from enjoying life.