

Shadae King

<https://on.soundcloud.com/LCgutdO2Okv1A9DIFm>

Radio Story Practice

HOST INTRO: At Baruch College prioritizing mental health is one thing the campus stands for and how the use of having a hobby is a start on taking care of oneself.

Shadae King spoke to a Cuny student on the matter that having a hobby is a small start to working on one's mental health.

AMBI:[0:00 - 0:07s wav](sound of students chatting)

TRACK: I'm here with Kamila at Baruch College, to speak on the matter on how having a hobby can help with mental health. She enjoys hanging out with the people closest to her and taking time for herself.

ACT: KAMILA:[0:21-0:24s [wav] I like going out with my friends and shopping to take time for myself.

TRACK: she adds that having hobbies outside of school can be a relief for her.

ACT: KAMILA:[0:28-0:37wav] It allows me to take the weight off of my shoulders. It kind of allows me to decompress after a stressful week at school or work.

TRACK: The idea of having a hobby can not just only help one self but it can help others.

ACT: KAMILA:[0:43 - 0:56s wav] It would be very impactful in a very helpful way on other people because a lot of people are a afraid to reach out to people for mental health support so being able to take the time for yourself and to indulge in something that you enjoy.

TRACK: Some advice she gave on how it can be helpful to have a hobby outside of school to declutter.

ACT:KAMILA:[1:02s - 1:20s wav] It's okay to want a break, it's okay to want to relax. Not everything has to be done in the moment, it's more than okay to just take time for yourself, you shouldn't be afraid to take time for yourself. Even if you think like if I do take time for myself am going to disappoint others

TRACK: If she could turn back the clock when she did not have a hobby, her new view has changed since then.

ACT:KAMILA:[1:26s - 1:49s wav] College will be there at the end of the day, if you fail a class it's not the end of the world. You will not fail to take time for yourself to realize that hey am still human not a power house I can't crank everything out in one night that's not

how the you work, that's not how your brain works. It's okay to relax, it's okay to ask for help and reach out.