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Discussion

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## [Off-Topic] What hobbies would you recommend to balance being a professional software developer and have other activities to replenish yourself?

Hello,

Thanks for reading:

What hobbies would you recommend to balance being a professional software developer and have other activities to replenish yourself?

For example: what sports or physical exercise would you recommend? Swimming, gym, bicycle, walk?

What social activities: board games, hang out with other people?

What deep activities to bring yourself a "flow state moment"? Playing an instrument, learning to paint, watching series, play videogames, gardening, reading, playing sports...?

Thanks for your replies.

Greetings!

[#Other](#)

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Source

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