The Millennial Minute

The Age of "Granny" Hobbies

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Millennials are aging. We are now sitting in the age range of 30 – 45 and we are all just trying our best to live a decent life.

Costs continue to rise while wages remain stagnant, and the dream of owning a home, having a family, saving for retirement while also trying to squeeze in time and money for enjoying the here and now feels further away with each passing year. Millennials (for many reasons) are forgoing having children, are renting instead of investing in a home or property, and we're out here seeking new ways to enjoy our lives while pinching our pennies.

Enter the "granny hobbies"; hobbies that have been widely explored by retirees after their working years are now becoming much more mainstream for the working generations. Millennials and even Gen Zers are easing up on expensive travelling, on dinner and drinks with friends, on frivolous spending and instead are opting to stay home and invest in themselves. Many of us are putting down our screens for a much needed "social media break" and replacing doomscrolling with tending to our gardens, knitting, journaling, baking, canning and so much more!

This trend is being seen all over North America with younger and younger people being seen quilting, seed saving, whittling, creating the perfect sourdough starter and more. These hobbies create an aura of calm and control in a world where those words mean very little in the news cycles we're being fed twenty-four-seven. It's giving younger generations something to help regulate themselves, to let their mind wander to prettier places, to simply enjoy the little things in life that can be easily overlooked: our time and our enjoyment – and I highly recommend giving them a try!

I, myself, have been working on my green thumb over the last five years. I've built a small, raised-bed vegetable garden in my back yard and researched beneficial pollinator plants and perennials. I've logged and journaled my way through nearly three growing seasons and while the initial start up costs can be a challenge, the payoff is well worth the price and your time. Now my phone stays on silent as I sip my morning coffee and wish my plants a good morning. My weekend doomscrolling has been replaced with garden maintenance and even teaching my two children the benefits of growing something and enjoying the fruits of their labour. It gives my eyes a rest from the screens and it gives my psyche a rest from the craziness that is our world right now.

If you've been feeling stuck in your routine and have been wondering about branching out to find new ways to fill your time, I highly recommend taking up a "granny hobby". You might be surprised with how quickly you see the positive changes in your daily life and the community you may build or become a part of. With the added benefit of the internet, you'll find these hobbies can be accessible at any skill level and at nearly any budget.

Happy Hobbying!