

Why Family History is Great for Young Adults, and All of Us: (reads better click [here](#))

There is a common misperception today: doing family history is something that can or should be left until the “retirement” phase of life, when there’s more time to focus on it. **The Family History Guide** is living proof that all ages can benefit from being involved in family history, from kids eight and younger all the way up to seniors. Speaking as a senior citizen, I got my start in Family History at the age of 27 while pursuing a Ph.D. degree at Brigham Young University. My wife-to-be invited me to attend the Salt Lake City Family History Library on a special church excursion. Seeing my wife’s genealogical heritage was both embarrassing and motivating to me when compared to my meager family roots with more holes than Swiss-Cheese. I quickly became enamored with the concept of family history because my uncles and grandparents were already elderly and knew that their time on earth was limited while I was relatively young and newly married in 1972. So I immediately started searching for missing ancestors by first starting with known living relatives and going backwards in time. Eventually, I learned where my roots in Eastern Europe were located but only after much effort in Eastern Europe. Namely by obtaining original birth, marriage and death certificates plus cemetery records and obituaries in the USA, did I obtain the missing links in my heritage to more accurately locate my family roots in Poland, Ukraine, and Slovenia.

Why is genealogy so popular?

Psychologist Roy Baumeister cynically concluded that genealogy's popularity stemmed from the fact that it was the only "quest for self-knowledge" that boasted a "well-defined method," whose "techniques were clear-cut, a matter of definite questions with definite answers." If you want to further make an impression on you, consider this posting on **The Family History Guide** at <https://www.thefhguide.com/blog/why-family-history-is-great-for-young-adults/>. There you will learn that participating in family research reduces student’s anxiety by 20%, increase self-esteem by 8% and more. this groundbreaking study was sponsored by [Brigham Young University](#). In this article, you will find great resources to use:

- [Getting Started with Research](#)—These pages help you get a strong foundation for starting family history research.
- [Activities for Individuals](#)—This section has a wide variety of family history activities especially for young adults, most of which require little preparation to do.
- [Weekly Activities for Latter-day Saints](#)—This companion to the *Come, Follow Me* lessons adds a unique family history aspect to gospel study.



Closing Comments: Actuate Your Dreams with Successful Family History Expectations With Positive Self-Esteem

Important to understand the relationship between anxiety and fatigue. Here’s an informative posting at <https://www.psychologytoday.com/us/blog/psychiatry-and-sleep/202212/how-anxiety-and-fatigue-can-have->

[us-walking-in-circles](#) entitled: *How Anxiety and Fatigue Can Have Us 'Walking in Circles'*. None of us is exempt from anxiety, stress and fatigue. Find out how to turn a bad hair day into a better day. Family history as a hobby has impressive credentials. Seventy-eight percent of Americans say they are interested in learning more about their family history. Fifty percent of American families have even researched their roots. According to ABC News, Genealogy is the second most visited category of websites, after pornography or gardening depending on which survey you follow. Everybody yearns to know more about their family roots, especially in this age of uncertainty with [Artificial Intelligence](#) which is capable of rapid, exponential growth, beyond our comprehension. Namely, who are we, where did our ancestors come from and how have we learned and improved upon them from their efforts. Joy brings a positive self-esteem to those who research their family roots successfully. Join the party because this Family History Facebook Group provides many "how to" and step-by-steps to be successful.



Hope this information is helpful. Never hesitate to contact me as our four ward Temple & Family History consultants and I am very happy to assist our members with research, posting memories and/or even analyzing what needs to be accomplished in your genealogical endeavors. Above all, please don't hesitate to peruse our ward's Facebook account at <https://www.facebook.com/groups/358696091448653> for 875+ unique self-paced, "how to" genealogical tips and tricks that you can use ASAP. Don't have a Facebook account? Check our user-friendly **Table of Contents** at <https://foothills-family-history.org/> that eliminates the need of having a Facebook account with convenient links to nearly every post.

