

Six Reasons to Get a Hobby

1. Read the Article " Six Reasons to Get a Hobby" link:

www.psychologytoday.com/blog/happy-trails/201509/six-reasons-get-hobby

2. Find unknown words in a dictionary

3. Try to understand what the article says. Repeat phrases or paragraphs that contain interesting language. Try saying aloud what the article is about.

4. Use at least 15 phrases from the box below to answer the question (in writing):
What are some reasons to get a hobby? While giving your answer you should not look back to the article, if possible. That's why you should have spent some time studying the article before attempting to answer the question.

frivolous	overwhelmingly busy	habitually waste time	
squander precious moments	structure your time	unscheduled	
labor over	get a task done	encourage efficiency	passive leisure
active leisure	invigorated	foster social connections	
get us out in our communities	share our passions	form new bonds	
key component of a meaningful life	add richness to your self-concept		
a rough day at the office	merely distracting	damaging	
aspect of your identity	enlivened	zest	spill over into
carry over into			

Example Answer.

Most of us feel overwhelmingly busy and think we don't have time to spare on such frivolous things as hobbies. The truth is, however, that we habitually waste time and squander precious moments on social media and TV. We all need to make time for hobbies and there are a number of reasons for this.

First of all, hobbies help you structure your time. If you leave your activities unscheduled, your work will take up all your day. Making a hobby a part of your daily schedule, however, will encourage efficiency and will help you get the same tasks done much more quickly.

Secondly, active leisure, as opposed to passive leisure, makes you feel invigorated. You are enlivened by the enthusiasm you experience and the newfound zest will probably spill over into other aspects of your life such as work or family.

Moreover, hobbies make you a more interesting person, add richness to your self-concept and foster social connection. They give you something to talk about and motivation to get out in your community to share your passion and form new bonds.

Finally, hobbies act as a powerful tool against stress. Although passive leisure can also provide some relief from stress by distracting you from your problems, activities such as sport or crafts can do more than that. They actually make the impact of a rough day at the office or harsh criticism from your boss, much less damaging by reminding you that there are more than one aspects in your personality. You may have suffered a blow as an employee, for instance, but you are still strong as an athlete or an artist.

So, stop wearing the "I'm too busy" attitude as a badge of honor and find a hobby or two. You actually have more time than you think.