

Name \_\_\_\_\_

## 1 Read and number the paragraphs in the correct order.

# The Power to Hobbies



- ☐ People with a hobby take breaks, otherwise they haven't got time for the hobby itself. Breaks are always good news for our mental and physical state. Most hobbies generate eustress (good stress). When you create something beautiful, when you finish a **task**, when you find that special **item** for your collection, you feel excitement and joy. Research shows that hobbies —especially creative ones— have got a calming effect on people. They reduce levels of stress, making people happy and, in consequence, healthier as well. When we share hobbies with others, doing something in groups or sharing what we **accomplished** on our own, we become more positive. As a result, people with a hobby are less likely to suffer from depression.
- ☐ Today's **pace** of life is incredibly fast. Things need to be done well and quickly. We live with the pressure to be productive all the time. If we get lost in immediate needs, demands from our family and our academic goals, we can end up not enjoying life. We sometimes need to stop, take a deep breath and 'smell the roses.' The best way to do this? Devote time to your hobby! Hobbies are one way of dealing with everyday stress. Most hobbies lead to a happier, healthier life. Consider this:
- ☐ Many people may think that having a pastime is a **waste** of time. They fail to realise the importance of time off and they also ignore the fact that, after spending time doing something enjoyable, we are more efficient in our everyday tasks. Do your research and let others know of all the positive consequences having a hobby implies. Next thing you know, they might join you!

## 2 Read the text again and correct the information.

1. The only way to break from your routine is to take up a hobby. best \_\_\_\_\_
2. Hobbies are a source of distress. \_\_\_\_\_
3. Sharing a pastime with others does not help us to be more positive. \_\_\_\_\_
4. People with a hobby are more likely to suffer from depression. \_\_\_\_\_
5. Many people believe that a hobby is a productive use of time. \_\_\_\_\_
6. There are many negative consequences of having a hobby. \_\_\_\_\_

### Guess What!

There are a lot of very unusual hobbies.  
In the UK, some people practise  
*trainspotting*: looking at trains and  
recording the type of train they see.

### Glossary.....

**task:** assignment,  
job

**item:** object,  
thing

**accomplish:**  
to achieve,  
to finish

**pace:** speed

**waste:** unused  
or poorly used