

Hobbies, Leisure time

Leisure or free time is a period of time spent out of work and domestic activity. It is also the period of recreational time before or after compulsory activities such as eating and sleeping, going to work or running a business, attending school and doing homework or housework. Leisure time is the time when you can forget about day-to-day stress and stressful activities and relax. These activities can be our hobby.

Nowadays people work all day long and rarely have spare time to rest and to do something they like. But if they have it they try to spend it in the way they prefer. And there are a lot of possibilities to do it perfect. There are plenty of things to do that can help you not to feel bored. Any activity is much better than doing nothing.

I'd like to notice that there are two main ways of spending free time: the one is to do some physical activities (often outdoors), for example, football, swimming, hockey, skiing; and another way is to enjoy something relaxing at home or in special places: reading, watching TV, knitting, engaging in hand-made. At any rate, hobby is a matter of taste, and everybody should choose it according to the personal preferences.

As for me, I like to pass my leisure time both in active and passive way. I really enjoy reading or watching films, because it's always interesting, helpful and helps to relax, what is especially necessary after a long tiring day. Also I am fond of active sports, swimming, skiing or riding a bike from time to time, when it is possible. Sometimes you feel you need to escape from everyday worries and to do something no thought-provoking. In many cases I can't let me doing anything very extraordinary, so I just go walking over long distances. It really helps to release the tension and refresh the mind.

To the point, the way how people pass their free time depends on the culture and social status. For example, American favorite leisure activity now is participating in experiences that they know aren't real, they turn to imagination – to worlds created by others, such as books, games, movies and television. Also public researches show that the average amount of weekly free time of many people fell; while the average amount of time spent working is now up. It can be explained by the fact of extra time spent on mobile phones or computers, and infrastructure development (the problem of traffic jams in big cities). As well, preferences of people to spend their time have also changed over the past years: instead of team activities more and more people choose solo activities.

Anyway, in the life of any person there are periods of time when he feels extremely bored. It happens because this person doesn't know what to do with his time and can't find anything interesting to do, or because he doesn't like what he is doing. Well, this problem has hundreds ways of solution. The simplest is to find something interesting to do. Here are some variants of activities to choose:

- Just tidy up;
- Try new recipes;
- Decide on making candles, knitting, cross stitching - in one word, create something new you can be proud of;
- Don't let online games dominate in your life;
- Photography, drawing, painting, playing musical instruments are very special activities that you can do as a cure for boredom;
- Communicate more with other interesting people;
- Read something exiting, encouraging, or anything that will enrich your knowledge;
- Join a health club or gym where you will be able to feel happy and keep fit;
- Go out with your friends;
- Set your aims and keep a diary.

Following these simple advices you will never have a time to think about such problem as boredom.

As we all know, leisure time is one of the most important thing people can't live without. It is a big part of our life, and it actually shows the character and temper of person. I can't imagine a person who doesn't have any hobbies and favorite activities, because it is really impossible. Our hobbies and habits make our lives, filling it up with variety of feelings and emotions. Each person chooses his own way of spending time, either active or passive, and in any case it should be a refreshment and a source of inspiration.