

How to Feel Like You Have More Free Time Even If You Don't

1. Based On The Reading Choose The Correct Answer

# Question (en inglés)	A	B	C	D	E
1 What does "time poverty" refer to?	A feeling of having too much free time	A state of having not enough time for obligations	Only parents feeling busy	Complete freedom from schedule	Feeling rich in time
2 According to the study, what is the optimal free time per day?	1–2 hours	2–5 hours	5–8 hours	Over 8 hours	Less than 1 hour
3 Which of the following DOES NOT improve the quality of free time?	Social media doom-scrolling	Chatting with a friend	Watching favorite show with snacks	Doing nothing sometimes	Enjoying a hobby
4 What surprising method can make people feel like they have more time?	Sleeping more	Spending time helping others	Watching TV longer	Working extra hours	Planning more tasks
5 Which strategy is recommended to protect leisure time?	Fill schedule completely	Prioritize "do nothing" time	Avoid letting free time exceed 8 hrs	Always say yes to social plans	Skip breaks at work