

Eustress and hobbies



1. READ THE ARTICLE AND ANSWER THE QUESTIONS.



Have you heard about eustress? It is a beneficial form of stress, that has a positive impact on your life, how can you foster it? Well to start, you need to make sure you don't waste little periods of time throughout the day that result in hours down the drain on social media or TV. By focusing, and not multitasking, you can finish your tasks faster and have time to yourself at the end of the day or week, time that you can devote to engage in more productive activities that require effort and that might represent a challenge to you but that have the positive characteristic of improving your mental and physical health and in the long run make you happier.

Have you heard of birdwatching? Have you gone to the forest to observe various species of birds? Many people around the world like taking their camera to the nearest forest and photograph birds to later investigate about their behavior and characteristics, some people even keep diaries and collect pictures; the state of Hidalgo is perfect to practice birdwatching, each region in Hidalgo is full of different species waiting for you to photograph them, this is a great way to get in contact with nature and breathe some fresh air. **Have you visited the Barranca de Metztitlán?** It's a ravine in that municipality that extends for kilometers, **it has amazed people for centuries. If you haven't been to this place,** waste no more time and plan your visit, this place is so important that **it has been declared a biosphere reserve.**

Are you worried about pesky mosquitoes? it is fine, you don't need to go to the forest to make the most of your free time, **have you practiced any sports recently? Have you played tennis or soccer?** Sports are a great way of making friends and using your leisure time, not to mention the health benefits they bring to your life, if you want to be healthier and foster eustress, if **you haven't decided what sport to practice,** don't worry, there are many options.





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Have you tried cooking? You can watch tutorials online and follow recipes to cook delicious dishes, it's likely that **you have seen videos** of people cooking and having a good time or maybe **you have seen someone** in your family baking cookies or a cake, and if **you haven't learned how to cook**, you can take lessons. Learning a new ability fosters eustress.

I bet **you have met people** with artistic abilities, art is another example of an activity that challenges you and that has many positive results, **have you thought about painting** a self-portrait? You can take up painting classes or, once again, use the internet to take an online course, you can even sell your masterpieces and make some money out of it. **Many people around the world have become famous** painters or authors only because they had a lot of time in their hands.

No matter what activity you decide to take up, make sure you spend your free time wisely and in a way that pushes you to be creative, productive and that has a good impact in your body and soul.



1. What is the text about?

2. What does the text say about social media? Do you agree?

3. What is eustress?

4. What are the benefits of taking up new hobbies?

5. Have you been to Metztitlán?

6. Are you familiar with the hobbies mentioned in the text?

7. Which hobbies mentioned in the article have you practiced?

8. Do you have a hobby? What is it?





2. WRITE THE PAST PARTICIPLE OF THE FOLLOWING VERBS.

Base form	Past participle	Base form	Past participle
Be		Tell	
Eat		Have	
Visit		Talk	
Hear		Read	
Meet		See	



3. COMPLETE THE FOLLOWING CONVERSATION USING THE VERB IN PARENTHESES.



Andy: Hello Mario, how are you?

Mario: I'm great! It's good to see you, guess what, I'm visiting Tula next Sunday, _____ you _____ (be) to Tula?

Andy: No, I _____ (visit) Tula, but I know there is an archeological zone there.

Mario: Yes, that's right, my sister _____ (hear) lots of things about that place, people say it's incredible, why don't you come with us?

Andy: Really? Well, I guess I can go, can I bring a friend?

Mario: Of course who are you bringing?

Andy: _____ you _____ (meet) Aiko the exchange student from Japan? I _____ (tell) her a lot about Mexico but sadly, she _____ (have) the opportunity to visit any place in Hidalgo.

Mario: Oh yes, she is a really nice girl, my girlfriend and I _____ (talk) to her a couple of times at school. Some other friends are joining us too, my friend Victor practices birdwatching.

Andy: Birdwatching? I _____ (read) articles about that!

Mario: Vic also said he would take us to a restaurant after visiting the ruins, _____ you _____ (try) ximbó?

Andy: Oh yes, I have! It's delicious! I think I'll let Aiko know right now, let me call her, _____ you _____ (see) my cellphone?

Mario: No, I haven't...

GO TO THE GRAMMAR REFERENCE, DO THE EXERCISES AND CHECK YOUR ANSWERS.