Listen and put the tips you hear into the right order

- [ ] **Dedicate Time**
- [ ] **Immerse Yourself**
- [1] **Explore New Interests**
- [ ] **Enhance Your Skills**
- [ ] **Let Your Hobby Flourish**
- [ ] **Find Enjoyment**
- [ ] **Connect with Others**
- [ ] **Collect Keepsakes**
- [ ] **Share Your Passion**

Listen and mark the sentences true (T) or false (F)

Staying Mentally Stable Through Hobbies*

In our busy lives, maintaining mental stability can be challenging. A great way to boost your emotional well-being is by _____ a hobby. Here's how:

****1. Take Up a New Hobby****

Starting a new hobby provides a refreshing change and a chance to shift your focus from daily stress.

****2. Devote Time to It****

Regularly _____ time to your hobby builds routine and offers consistent relaxation.

****3. Find Joy in It****

Engage in activities that make you happy, whether it's _____ a craft or enjoying a pastime.

****4. Be Deeply Engaged****

Immerse yourself in the experience of your hobby to _____ creativity and find satisfaction.

****5. Develop and Hone Skills****

Focus on _____ a skill and honing your talents to boost self-esteem and achieve personal growth.

****6. Collect Memorabilia****

_____ items related to your hobby can enhance your enjoyment and create lasting memories.

****7. Nurture Your Passion****

Allow your hobby to _____ and grow, which contributes to a sense of fulfillment.

****8. Join a Club****

Connect with others who share your interests to gain support and build _____ relationships.

****9. Share Your Interest****

Teaching or _____ your hobby with others reinforces your enthusiasm and strengthens connections.

****10. Indulge in Your Pastime****

Enjoy your hobby without guilt, making it a priority for _____ and relaxation.

****11. Fuel Creativity****

Engage in _____ activities to stimulate your mind and maintain mental balance.

****12. Embrace Leisure****

Incorporate leisure activities into your routine to counterbalance stress and foster _____.

By integrating these practices into your life, you can enhance your mental stability and find greater happiness through your hobbies.

LIVEWORKSHEETS