

Use of English

The Magic of Me-Time

Read the text below, choose the correct answer (A, B, C, D)

In our busy world, it's important to set aside some time just for ourselves. "Me-time" means taking a (1)_____ to focus on self-care and relaxation. It can be as simple as sipping a cup of tea, going for a peaceful walk in nature, or doing something we love, like reading or painting.

Me-time is (2) _____ because it helps us recharge and feel better. It reduces stress and brings a sense of calm. When we have moments to ourselves, we can think about our feelings and thoughts, which helps us grow as individuals.

Me-time isn't selfish; it's necessary for us. It's about taking care (3) _____ ourselves physically, emotionally, and mentally. When we prioritize me-time, we create a healthy balance between our own needs and the demands of everyday life.

Finding time for me-time may take some planning, but it's worth it. It (4) _____ us to face challenges with more energy and a clear mind. Me-time is not a luxury; it's something we all (5) _____ .

When it comes to me-time, there are a few things that may not immediately come to (6)_____. One of them is the guilt or hesitation that some people may experience when taking time for themselves. Society often (7) _____ the importance of being productive and constantly busy, which can make individuals feel guilty for prioritizing their own (8)_____ .

Another aspect is the impact of me-time on relationships. Taking regular breaks for self-care can actually strengthen relationships. When we take care of ourselves and recharge, we become more present and engaged in our interactions with others. It helps us show up as our best selves and foster healthier connections.



1	A stand	B look	C chance	D break
2	A rich	B valuable	C wealthy	D expensive
3	A of	B for	C by	D with
4	A gives	B makes	C lets	D allows
5	A dedicate	B dream	C deserve	D afford
6	A brain	B mind	C smart	D think
7	A emphasizes	B focuses	C point out	D talks
8	A well-done	B well-being	C well-paid	D well-known