



Listen and put the tips you hear into the right order

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|---|--|
| <input type="checkbox"/> Dedicate Time                      | <input type="checkbox"/> Find Enjoyment      |
| <input type="checkbox"/> Immerse Yourself                   | <input type="checkbox"/> Connect with Others |
| <input checked="" type="checkbox"/> 1 Explore New Interests | <input type="checkbox"/> Collect Keepsakes   |
| <input type="checkbox"/> Enhance Your Skills                | <input type="checkbox"/> Share Your Passion  |
| <input type="checkbox"/> Let Your Hobby Flourish            |  |

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.