

Work and Free Time

These days, many people feel that they don't have enough time for both work and leisure. When you start (1) _____ new job, everything seems exciting and challenging. But after a (2) _____ months, many people begin to feel tired.

I work in (3) _____ office in the city centre. The job is interesting, but sometimes there is too (4) _____ pressure and not enough rest. Every morning I leave home at seven and come back late in (5) _____ evening.

During the week, I usually have (6) _____ energy left to do sports or meet friends. That's why weekends are very important to me. On Saturdays I like (7) _____ spend time outdoors, especially if the weather is nice.

My colleague Anna relaxes in a different way. She enjoys cooking and often invites friends to her house for dinner. She says that preparing food helps (8) _____ forget about stress. I think that's a good idea, although I prefer going out rather than staying (9) _____ home.

Balancing work and free time isn't easy, but I believe everyone can improve it. The first step is to plan your week carefully and decide what really matters to (10) _____. I try to leave my office earlier at least once a week so that I can go (11) _____ a walk or meet (12) _____ friends.

Last month, I joined a photography course after work. It takes (13) _____ of time, but it's something I really enjoy. I've already taken (14) _____ nice pictures of nature and city life.

In the future, I hope to travel more and maybe even turn my hobby (15) _____ a part-time job.