

Do You Still Have Vacant Time?

In a modern society like today, we are often forced to compress our time and make every use of it, however, such busy life without a minute to breathe really is exhausting. Planning free-time activities, there becomes something very essential and complicated.

If getting bored is a routine for you, planning free time activities as well as extra-curriculum activities may be something to consider. In the free time, going out with friends, visiting art galleries or planning feasts for reunions may be good ways to social with others or enrich your knowledge. But, what if this is way too much of you? Letting go of yourself in your free time is the solution. Cycling in the mountains or hiking in the woods is always a great way to relax, being able to observe the great outdoors and be surrounded by nature. Not only can you breathe through the fresh air, but you can also unload the huge pressure on your back that is preventing you from breathing. That is why I choose not to make a single plan in my leisure time, it is the free time I fought and sacrificed for, therefore, spending quality time with “nature”, and embracing it is what I do not only in my free-time, but whenever I feel stressed or not being able to cope with things in a daily basis. For example, before tests or major examinations, to lower my stress, I often go cycling around the river bank, grab a hot dog and maybe even be an observatory at the basketball court. Watching specific birds fly by the river makes me think how extraordinary the world is and how we should preserve nature as it were our family, because after all, Mother-nature is where we first began.

We should learn not live with a nature and not let the metropolitan-busy-life occupy our time solely. As a result, we will lower stress levels and live a happier life.