

Fill in the gaps in the text with one word. More than one answer may be possible.

The art of finding a healthy work-life balance

Our daily routines have changed immensely over the past few decades. We spend _____ (1) less time at home and much more time working, our work life balance seems upside-down. The “work to live, _____ (2) live to work” motto has never been taken in and now our lives seem to be a constant hurry _____ (3) one place to the other, we get up in a rush, we eat at our desks and we spend our lives worrying about our next deadline. We are snowed-under a mountain of work, but the question is, are our lives better _____ (4) of this and better than the lives of those in the past? With the increased volume of work and the obsession with money or the _____ (5) of it, we are much more stressed than in the past and this has an awful effect on our health. Stress is the greatest threat to us in this day and _____ (6), far worse than smoking, drinking or animal attacks. We seem to work constantly, putting our health at risk to earn money, and then later spending our money _____ (7) improving our health again. It is a vicious cycle. What we need to do is take time out of our routines to enjoy ourselves. We should spend time with our friends and family _____ (8) of obsessing about the housework. It would be a good idea to go on holiday once in a while to remember why we dedicate so much of our time to our careers.

Answers

1. far
2. not
3. from
4. because
5. lack
6. age
7. on
8. instead