

Is this the end of our current opinion about free time?

The job market has undergone a huge change, with working hours going the way they are, we may soon not have ____ (1) spare time. In recent years we have seen a rise in the number of working hours. This may be due to competition in the work market going from the recession of 2008 or just due to people's personal ambition. It is important to have a good work/life balance, "work to live, not live to work" as is said. What really interests us ____ (2) is, is it important to have leisure time? It is ____ (3) that when we relax and do things ____ (4) we enjoy, our brain releases serotonin and this makes us feel happier and healthier, ____ (5) too much free time causes us to feel bored and stressed. What really makes us happy is when we carry ____ (6) a challenging yet achievable task, such as a hobby. This focus is what we must pursue, it is important to not put things ____ (7) too often or it is natural that we will go off certain activities. When we get into enjoyable and interesting activities we can really take to them and start to find the ideal work/life balance. What we ____ (8) do, is make sure that we do not put up with not having time for ourselves, to be with our friends and family and we must remember that it is great to hang out with friends but we also need focus to be truly fulfilled.

Choose the best word from the following options:

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|----|-----------|--------------|------------|------------|
| 1. | A. some | B. lot | C. no | D. any |
| 2. | A. though | B. although | C. but | D. whereas |
| 3. | A. talked | B. explained | C. told | D. known |
| 4. | A. that | B. who | C. whom | D. where |
| 5. | A. like | B. and | C. whereas | D. too |
| 6. | A. on | B. out | C. off | D. around |
| 7. | A. on | B. off | C. out | D. into |
| 8. | A. have | B. need | C. must | D. ought |

Answers:

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