

Psychology and leisure time

Psychology



Topic: Some people think that it is important to use leisure time for activities that improve the mind, such as reading and doing word puzzles. Other people feel that it is important to rest the mind during leisure time. In one day, we do a lot of things, such as studying, working at office, doing housework... and those activities are taking much of energy and concentration. We, hence, need to take a break, we must have time for relaxing, otherwise, we would be stressful.

On the one hand, it is important to rest the mind during leisure time. There are many activities we can do in our free time, not only lying on the bed and sleeping but also jogging, cycling, hanging out with friends...Comparing with reading or doing word puzzles, these activities do not require much concentration. To rest the mind does not mean that we do not gain any value from these things. For instances, jogging or cycling makes us healthier, moreover, while jogging, we can meet more people and even make friends with them.

On the other hand, some people think that it is important to use leisure time for activities that improve the mind improve the mind such as doing puzzles or reading... Personally, I prefer doing these things in my spare time. We can spend our leisure on books, stories as well as novels, journals... Reading is a source of pleasure; it gives us a picture of life and provide us a lot of useful information. Or we can devote or free time for art, such as music and painting. Music helps us release stress and anxieties so that we can feel peaceful.

Drawing is also an effective way to relax; to finish painting a picture, no matter whether it is beautiful or not, gives us much pleasure. And about

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crosswords, it may requires serious thinking and concentration but it does not mean we are not able to relax. If we can solve all the crosswords, we might find self-satisfaction. After all, doing these things not only help us relax but also sharpen our thinking skill. All in all, everyone has their own way to spend leisure time. However, it should be well-spent; we should not waste our treasure time on useless pursuits.