

Ways of using free time effectively

In the last talk we discussed ways in which people can use their leisure time effectively. There were many interesting ideas brought up. I would like to talk about some of them and share my opinion at the end.

One of the free time activities we talked about was contributing to community projects. We argued that if you have some spare time then you should help others. Even if you are not a volunteering kind of person that does not mean you should feel excluded from this kind of work. It is commonly known that help is rarely in vain and according to one of us "When you help others, you get a lot out of it too".

Another way of free time spending we discussed was taking up healthy activities. Most commonly mentioned sports were cycling, jogging, rock climbing and swimming. Our PE teacher even said that "Physical activity is important for everyone". Sports were not the only things talked about however. Mindfulness and other mental habits were discussed as well. We realized that yoga training could be a good way of linking both physical and mental aspects of one's body.

I am still in two minds when it comes to what is the best way of spending free time. I also think it does not have to be either this or that. People do not need help all the time as well as it is impossible to train all day. I know from experience that helping others is far more fulfilling. I think I will try to focus on that in the future.

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(~265 words)