

It's no secret that recent global situations have affected⁵ lots of people in many different ways. But out of negative situations, it's often possible to find beacons⁶ of optimism and positive thinking. And this has certainly been the case when it comes to⁷ new interests and pastimes⁸.

With millions finding themselves with plenty of free time on their hands⁹ - some with literally nothing to do at all - many have seized the opportunity to¹⁰ take up a new hobby or learn a skill that they have always wanted to.

Handy¹¹ Skills to Have

According to CraftBusiness, a survey¹² conducted¹³ by Serenata Flowers discovered that half of British females had found a new hobby to channel¹⁴ their energies into since the Covid outbreak¹⁵, with many of those choosing practical skills. The study showed that over a quarter (26 percent) chose to try their hand at¹⁶ gardening, whilst baking and cooking (31 percent and 34 percent respectively¹⁷) sat top of the list.

As many as 15 percent of those asked said that they had taken the time to delve into¹⁸ textile-based hobbies such as knitting and embroidery¹⁹.

One interesting study, conducted by the Royal Philharmonic²⁰ Orchestra (RPO), reported that more than a third of children in the UK had begun learning a musical instrument²¹ whilst at home during lockdown. In addition to²² that, two-thirds of kids who already owned instruments were now more upbeat about²³ picking them up and putting in the hours²⁴.

A Key Factor

Manchester-based Louise Deacon is one such lady who has taken the recent months to try something she has always wanted to have a go at²⁵. "For years I've been interested in learning the piano. I don't know why but it's an instrument which has always fascinated me."

After finding herself on the recent UK

THERE ALSO APPEARS TO BE A NEW BREED OF 'LOCKDOWN ENTREPRENEURS' WHO HAVE DECIDED TO BITE THE BULLET AND FOCUS ON FINANCIAL GAIN.

government 'Furlough²⁶' scheme²⁷, she took the opportunity to focus her energies into doing just that. "I found myself sat at home, with nothing else to do but count the DVDs I'd already watched and stare at²⁸ the walls. I taught myself the guitar when I was about 14 and thought, 'well why not branch out²⁹'? I had the time after all," she tells Business English Magazine.

"I ordered myself a good second-hand³⁰ keyboard and found a great online teacher who charged³¹ a very good price. I spent a couple of hours each day either on Zoom or just working through songs, and after a couple of months I found myself getting better and better. To a point³² where I was able to write my own songs using my newly bought instrument!"

"It cost me next to nothing³³ and has since made me wonder³⁴ why I didn't do it sooner."

Benefits

Psychologist Richard Thomas has already put forward³⁵ the notion³⁶ that focusing energies on a new skill, or even revisiting³⁷ an existing one, can have huge mental health³⁸ benefits.

- ⁵ to affect sb tu a'fekt 'sambədi wpływać na kogoś
- ⁶ beacon 'bi:kən promyk (np. nadziei)
- ⁷ when it comes to sth wen it kamz tə 'sambəŋ gdy/jeśli chodzi o coś, mówiąc o czymś
- ⁸ pastime 'pe:staim rozrywka
- ⁹ to have sth on one's hands tə həv 'sambəŋ on wanz hændz mieć coś (ciekawego, do roboty itp.)
- ¹⁰ to seize the opportunity to do sth tə si:z ði ,opə'tju:niti tə du 'sambəŋ skwapliwie skorzystać z szansy zrobienia czegoś
- ¹¹ handy 'hændi poręczny, przydatny
- ¹² survey 'sə:veɪ badanie, sondaż
- ¹³ to conduct tə kən'dakt przeprowadzać
- ¹⁴ to channel sth tə 'tʃænl 'sambəŋ tu: dawać czemuś upust
- ¹⁵ outbreak 'aʊtbrek wybuch (np. epidemii, popularności)
- ¹⁶ to try one's hand at sth tə traɪ wanz hænd ət 'sambəŋ spróbować w czymś swych sił
- ¹⁷ respectively rɪ'spektɪvli odpowiednio
- ¹⁸ to delve into sth tə delv 'ɪntə 'sambəŋ zagłębić się w coś
- ¹⁹ embroidery ɪm'broidəri haft
- ²⁰ philharmonic fɪlə'monɪk filharmonia
- ²¹ to learn a musical instrument tə lɜ:n ə 'ɪnju:zɪkl 'ɪnstɹəmənt nauczyć się grać na instrumencie muzycznym
- ²² in addition to sth ɪn ə'dɪʃn tə 'sambəŋ poza czymś, ponadto
- ²³ upbeat about sth 'ʌpbi:t ə'baut 'sambəŋ optymistycznie nastawiony do czegoś
- ²⁴ to put in the hours tə put ɪn ði 'aʊəz zainwestować (w coś) wiele godzin
- ²⁵ to have a go at sth tə həv ə goʊ ət 'sambəŋ spróbować sił/szczęścia w czymś
- ²⁶ furlough 'fɜ:ləʊ tu: urlop (płatny z budżetu państwa)
- ²⁷ scheme skɪ:m program, plan
- ²⁸ to stare at sth tə steə(r) ət 'sambəŋ gapić się na coś
- ²⁹ to branch out tə brɑ:ntʃ aʊt rozszerzyć działalność
- ³⁰ second-hand 'sekənd hænd używany
- ³¹ to charge X tə tʃɑ:dʒ pobierać X opłaty, policzyć (komuś) X
- ³² to X point tə poɪnt do X momentu
- ³³ next to nothing nekst tə 'nʌθɪŋ praktycznie (za) nic
- ³⁴ to wonder tə 'wʌndə(r) zastanawiać się
- ³⁵ to put sth forward tə put 'sambəŋ 'fɔ:wəd wyjść z czymś, zaprezentować coś
- ³⁶ notion 'nəʃn pojęcie, idea
- ³⁷ to revisit sth tə rɪ:'vɪzɪt 'sambəŋ ponownie coś rozważyć, powrócić do czegoś
- ³⁸ mental health 'mentl helθ zdrowie umysłowe »