

"People often underestimate³⁹ the value of such skills and what they can bring to everyday life," he informs BEM. "It's kind of taken for granted⁴⁰ that everyone can do these kinds of things, but that's not always the case⁴¹. They take time, effort⁴² and lots of dedication. Having something to focus your mind on⁴³, especially during testing⁴⁴ times like this, can bring huge benefits in both the short term⁴⁵ and the long term⁴⁶. It's definitely something that people should be encouraging."

"We see a lot of people who get 'stuck in a rut'⁴⁷ so to speak⁴⁸, or find themselves going stir-crazy⁴⁹. This is obviously going to have a huge negative impact on their health and how they cope⁵⁰ during testing times. We would always recommend that people try something new or involve themselves in something they've perhaps not tried before. If it doesn't work out⁵¹, there are always plenty more options."

Business Opportunities⁵²

With more and more people being encouraged to work from home⁵³, there is a huge assumption⁵⁴ that those who have not decided to find new interests are just sat around, simply twiddling their thumbs⁵⁵. While this may be the case for some, there also appears to be a new breed of 'lock-down entrepreneurs'⁵⁷ who have decided to bite the bullet⁵⁸ and focus on financial gain. Katie Robinson and Jason Lee are two such people. Based in New York, Katie has decided to use her spare time⁵⁹ to start baking cakes and cookies to sell to friends, colleagues and neighbours. Since starting up in October last year, she has been able to branch out and expand her new business. "Word of mouth⁶⁰ and recommendations have played a key part in what I'm doing," she states. "It actually started out as⁶¹ a way of killing time but has since expanded into something quite serious. I'm getting messages on a daily basis⁶² from people I don't even know asking for products. Who would have thought that would ever happen!"

"I'm not doing anything that unique⁶³ but I feel that people know I'm baking with love and optimism," she adds.

³⁹ to underestimate sth tu /and'estimeit
⁴⁰ to take sth for granted ta teik 'samiŋ fe(r)
⁴¹ granted uznawać coś za pewnik/rzecz
⁴² to focus one's mind on sth ta 'fokəs wanz
⁴³ effort /efət wysiłek
⁴⁴ jak się sądzi itp.)
⁴⁵ sth is not the case 'samiŋ iz nɒt ðə keɪs
⁴⁶ nie jest prawdą/nie jest takie (jak się wydaje,
⁴⁷ stuck in a rut stʌk ɪn ə rʌt popadły w rutynę
⁴⁸ ...so to speak, ... 'soʊ tə spi:k ...by tak
⁴⁹ stir-crazy stɜː(r) 'kreɪzi zwaɪəwɒni,
⁵⁰ to cope ta kəʊp poradzić sobie
⁵¹ to work out ta 'wɜːk aʊt powieść się,
⁵² udac
⁵³ to work from home ta wɜːk frəm
⁵⁴ huge assumption
⁵⁵ to twiddle one's thumbs ta
⁵⁶ 'twɪdl wʌnz ðənz tu: zbiɪə
⁵⁷ a new breed of
⁵⁸ sb a njuː bɪrd əv
⁵⁹ 'sambɪdɪ nɒw
⁶⁰ 'gətmʊːk kɒɡɒs
⁶¹ (np. biznesmena)

⁵⁷ entrepreneur 'ɒntɹəprə'neɪ(r) przedsiębiorca
⁵⁸ to bite the bullet ta baɪt ðə 'bʊlɪt chwyć byka
⁵⁹ spare time speɪ(r) taim czas wolny
⁶⁰ word of mouth 'wɜːd əv maʊθ reklama z ust do ust, wymiennie się opiniami o produkcie/
⁶¹ to start out as X ta stɑːt aʊt əz zacząć
⁶² on a daily basis ɒn ə 'deɪli beɪsɪs na co dzień
⁶³ unique juːnɪk unikalny, niepowtarzalny

