

# Candidate 1 evidence

## Part 1 - Everyday Life

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Read the task below and write your answer on the lined answer sheets below and on page 03.

You write a popular lifestyle blog every week. This week your topic is having a balance between work/study commitments and leisure time. Write your blog post.

You should cover some or all of the following:

- prioritising tasks/setting goals
- setting boundaries
- screen time
- wellbeing
- time for friends and family.

You may also add your own ideas.

You should write approximately 250-300 words.

Hi Guys! <sup>Work/study and leisure - are we good at keeping healthy balances?</sup>

Welcome back! I hope you are all well. In continuation of ~~my~~ <sup>the</sup> series of about healthy lifestyle, I am going to tackle the problem of keeping reasonable balance between work or study commitments and the time which is much needed for leisure.

To start with - are you content about life at the moment? Do you

feel happy and fulfilled fulfilled?  
 If your answer is "yes", you could skip this blog, and but if you look for constructive solutions for your struggles to maintain healthy balance on a daily basis between professional and personal life - keep on reading.

Let's start in focus on the issue of time-management. It's not <sup>always</sup> an easy task for some because numerous people suffer from procrastination. To avoid this tendency, making a list of things that must be treated as priority, ~~to do~~ could be helpful. Set also set your goals and no matter the circumstances - try to achieve them.

Moreover, it is crucial to define your boundaries, and be assertive to avoid <sup>for example additional duties at work,</sup> Don't let other people to force you to engage in activities that are beyond your responsibility.

What's more, don't forget to control your screen time. Too much time spent on social media or watching TV, will deprive you of the quality time ~~you should spend~~ with your friends and family, in real, not virtual world.

## ADDITIONAL SPACE FOR ANSWERS

## Continuation of TASK 1

Also, it is worth stressing that our physical and mental well-being is the source of successful life.

That is why ~~it is~~ (keeping fit and) or burnings instead of working long hours <sup>is midnight</sup> ~~or burnings~~ <sup>avoid which stu</sup> ~~long going~~ for an ~~exhausting~~ <sup>refreshing</sup> stroll. It could help in ~~restoring~~ <sup>you</sup> to feel refreshed ~~in~~ <sup>your</sup> mind and body. ~~There~~ <sup>are</sup> some time to

rest but not least spending it ~~time~~ <sup>for</sup> your loved ones. ~~I would~~ <sup>that spending</sup> ~~time~~ <sup>with you for</sup>

According to ~~new~~ <sup>recent</sup> research, ~~it could~~ <sup>that spending</sup> ~~prolong~~ <sup>time with you for</sup> your life and boosts your immune system. Additionally, ~~friends~~ <sup>socializing</sup> with friends may give you a sense of purpose and ~~help~~ <sup>prevent</sup> you even from intrusive thoughts, some scientists claim.

I hope you enjoyed reading my blog. Feel free to add your comments and ~~do~~ <sup>please</sup> subscribe if you wish.

Good luck!