

## **Sitting at Home**

Vacations are fun; time to relax, travel, enjoy hobbies, or simply hang out with friends is both enjoyable and essential to our mental and physical health. However, anyone who has spent an extended period away from work or school – whether it be unemployment or a period of school closure – will know that there is a limit to how long you can enjoy sitting at home. After a while, you start to crave the order, predictability, and above all purpose of working or studying.

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How, then, can you keep yourself entertained during an enforced absence from work or school? The key lies in what you gain from working or studying: a sense of purpose. While playing video games or watching movies can be fun for a while, it cannot replace having a goal. However, you need to set and monitor this goal yourself, rather than rely on a boss or teacher, which requires self-discipline. This makes it harder, but also more rewarding. So, for anyone sitting at home and feeling bored with too much spare time, the critical question is this: what do you want to achieve?

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Why do we need vacations?

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How do you avoid being bored during long vacations?

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What do you need in order to prevent a long vacation from feeling like wasted time?