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# Take time to light up your soul

Level: **Let's think!**

1. When do you feel the most joy by yourself?
2. Are you taking time on a daily basis to do something for yourself?

PLAYLIST



READ ALONG



WAKAPAEDIA  
the all-knowing  
encyclopaedia

## Me time

*From Wakapaedia, the all-knowing encyclopaedia*

### What is 'me time'?

**1** 'Me time' is a period of time when people prioritise their own interests and do something for their own enjoyment. When people take some time away from work, friends and family, they can recharge their batteries by focusing on themselves and doing whatever they like. This may be as simple as having a hot shower or waking up naturally.

### Where does the concept of 'me time' come from?

**2** As a modern buzzword, 'me time' has been popularised by feminist media, such as women's magazines. The reason is that, leading the stressful life in the 21<sup>st</sup> century, women tend to have multiple roles to fulfil. It is increasingly difficult for them to escape from work and family responsibilities, which encroach on their personal time.

**3** Despite its origin in the female domain, it is not a term used exclusively with reference to women. In modern days, our demand for a bit of time for ourselves and our expectations of what we can achieve with it continue to grow. 'Me Time' is now a term widely used by both males and females.

### The proposed 'Me Time Day'

**4** In the early 2000s, women's organisations used this term with the aim of telling women to embrace the idea of self-care. In 2003, a US television channel, partnered with a network of leading health professionals, encouraged women to declare March 28 as the 'National Me Time Day'. Though the government did not turn it into

an official day, they would still like to inspire our society's chief caregivers to always find some time to look after themselves.

5 'Women often put others first at the expense of themselves. "National Me Time Day" is an initiative to raise national awareness of this issue and, hopefully, to encourage women to take time out—be it a minute, an hour or the whole day—to restore their sense of well-being,' said the general manager of the TV channel.

### ***Misconceptions about 'me time' activities***

6 While 'me time' is all about individuals sparing time to do something that relaxes them, it has been inextricably linked to certain activities such as lying on the sofa and listening to music. Many people believe that if they could finally claim some minutes back for their own use, they should spend the time chilling out instead of exhausting themselves. Physical activities are never on their 'me time' lists.

7 Nevertheless, actually any activity which can make us feel relaxed, rejuvenated, and happy would be a spectacular 'me time' option. Instead of confining ourselves to indoor and static choices, we can also select outdoor and athletic activities to chill out—like taking a brisk walk in a sunny park or hiking in the stunning countryside. As physical activities can keep us healthy and may help bump up the production of our brain's feel-good chemical—endorphins, they can potentially be the best options to benefit both our physical and mental health.

~550 words

## Looking into Grammar

**Phrasal verbs are formed by verbs and prepositions or adverbs. They describe states or actions like regular verbs.**

- ✓ ... they can recharge their batteries by **focusing on themselves** (✗ focusing themselves on) and doing whatever they like. (inseparable phrasal verb)
- ✓ Though the government **did not turn it into** (✗ turn into it) an official day ... (transitive phrasal verb with the object between the verb and the preposition)
- ✓ Many people believe that if they could finally **claim some minutes back** (✓ claim back some minutes) for their own use ... (separable phrasal verb)

? Underline FOUR phrasal verbs in paragraphs 4 and 7 and complete the table below.

Separable: _____	Transitive with the object between the verb and the preposition: _____
Inseparable: _____, _____	_____

Read the text and answer questions 1–15. For multiple-choice questions, choose the best answer and blacken ONE circle only. (24 marks)

1. According to paragraph 1, what does having ‘me time’ mean?

- |                           |                           |                       |                       |                       |                       |
|---------------------------|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| A. helping other people   | C. putting yourself first | A                     | B                     | C                     | D                     |
| B. taking chances in life | D. having quality time    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

2. Find a metaphoric expression in paragraph 1 which describes the aim of having ‘me time’.

\_\_\_\_\_

2 A metaphor is the use of an expression to describe the idea in a symbolic way.

3. The phrase ‘encroach on’ (line 13) means to \_\_\_\_\_.

- |                       |                      |                       |                       |                       |                       |
|-----------------------|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| A. instantly increase | C. constantly waste  | A                     | B                     | C                     | D                     |
| B. gradually take up  | D. unexpectedly keep | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

4. Based on paragraphs 2–3, complete the summary by writing ONE word to fill in each blank. The first letter of each word is provided. Make sure your answers are grammatically correct.

Although ‘me time’ is an idea originally put forward by (i) w\_\_\_\_\_ groups, it is not an (ii) e\_\_\_\_\_ concept to one gender. In the modern society, people have more (iii) d\_\_\_\_\_ for ‘me time’ for their personal (iv) g\_\_\_\_\_.

5. According to paragraph 4, why did some women’s groups promote the concept of ‘me time’ in the 2000s?

\_\_\_\_\_

6. Who or what does the word ‘they’ (line 24) refer to?

\_\_\_\_\_  
\_\_\_\_\_

6 ‘They’ is a plural pronoun. Pay attention to the nouns that come before it.

7. Find a phrase in paragraph 4 which refers to women.

\_\_\_\_\_

8. Which of the following may NOT be the action done to encourage the declaration of the ‘National Me Time Day’?

- |   |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| A. organising a demonstration                     |                       |                       |                       |                       |
| B. publicising the advantages of having ‘me time’ |                       |                       |                       |                       |
| C. writing an open letter to the US government    |                       |                       |                       |                       |
| D. promoting ‘National Me Time Day’ on TV         | A                     | B                     | C                     | D                     |
|   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

9. Find a phrase in paragraph 6 which means ‘closely connected’.

\_\_\_\_\_

10. According to paragraph 6, why don’t people choose physical activities when they have ‘me time’?

They do not consider physical activities \_\_\_\_\_.

11. List TWO good 'me time' activities of each category according to paragraphs 6–7.

Indoor non-physical activities: (i) \_\_\_\_\_

(ii) \_\_\_\_\_

Outdoor physical activities: (iii) \_\_\_\_\_

(iv) \_\_\_\_\_

12. According to paragraph 7, why are physical activities good choices for 'me time'?
- \_\_\_\_\_



13. Which of the following is probably the heading of the next paragraph?

- A. The definition of 'me time'  
 B. The history of several women's organisations  
 C. Popular 'me time' activities  
 D. Women's multiple roles in modern days

A      B      C      D  
        



14. Which of the following is probably NOT a 'me time' activity that the writer would suggest?

- A. having a warm bubble bath  
 B. going to the cinema to watch an interesting film  
 C. enjoying a sunbath in the garden  
 D. going grocery shopping for the family

A      B      C      D  
        

15. Decide whether the following statements are True (T), False (F) or Not Given (NG).

	T	F	NG
(i) 'Me time' is a concept invented by lifestyle blogs and channels for women.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) 'Me time' is a concept used to empower women only.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) More than half of the women in modern days are both mums and breadwinners in their families.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) It is hard for modern-day women to spare time to spoil themselves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Pre-DSE Level Up

**Q13 & Q14:** We predict what will come next in the text based on our prior knowledge and textual clues. During 'me time', people put their own interests first and do whatever activities they enjoy to relax. In Q14, one of the options is a chore which does not help people relax.

# Vocabulary

## GLOSSARY



A. Complete the conversation below with the given words. Make sure your answers are grammatically correct.

awareness (n.)

chill out (phr. v.)

embrace (v.)

exclusively (adv.)

initiative (n.)

lead (v.)

rejuvenate (v.)

restore (v.)

self-care (n.)

static (adj.)

**Sandy:** Hey Alice, tomorrow is Saturday! I am going to camp at the Ngong Ping campsite to (1) \_\_\_\_\_ in the soft sunshine and enjoy the natural scenery. You look so tired. Would you like to come with me? I bet you will feel (2) \_\_\_\_\_ after camping.

**Alice:** It sounds great! I really hope to go with you. But I am too busy taking care of my husband and children.

**Sandy:** You sound exhausted, Alice. I think you need to have some 'me time'. It's important to increase (3) \_\_\_\_\_ about your own health. Though family is important, sometimes you should make yourself a priority.

**Alice:** I know ... But I feel guilty about not spending all my spare time with my family.

**Sandy:** Well. To take care of others, you need to start with (4) \_\_\_\_\_. Just (5) \_\_\_\_\_ the opportunity to unwind by doing something you enjoy. As for me, I go camping to (6) \_\_\_\_\_ my vigour after busy and exhausting weekdays. I have heard of a club that organises hiking activities (7) \_\_\_\_\_ to housewives. I know you like going hiking. Maybe you can join it.

**Alice:** Sounds great. I don't want to stay (8) \_\_\_\_\_. Could you tell me more about this club?

**Sandy:** Of course, it puts forward the (9) \_\_\_\_\_ for women who (10) \_\_\_\_\_ stressful lives nowadays to regain their own meaning of life. Here is the website. Let's take a look and see if there is any activity that you find interesting ...



B. Look at the pictures. Write the correct phrases in the spaces provided.

**Advantages of having 'me time'**

aid in problem solving

allow time for deep thinking

enhance our relationships

give space for self-discovery

help us unwind

improve our concentration

make us more productive

reboot our brains



1. \_\_\_\_\_



2. \_\_\_\_\_



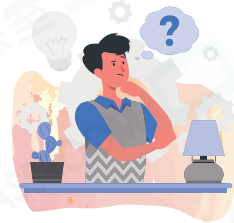
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_

**Writing**

**My 'me time'**

How do you spend your 'me time'? Do you think it is important to have 'me time'?

Write an article about your 'me time' in about 200 words.