

Writing Task Sample

Unit 10 Take time to light up your soul (p.83)

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.

People today have less time to enjoy their lives as a result of the **fast pace of life**. It is necessary for us to give **priority** time to ourselves, away from the **distractions** and stresses of daily life.

During my 'me time', I usually **engage** in outdoor activities, so rather than spending all day at home during my 'me time', **I would prefer** to go for a brisk stroll to get some exercise. Outdoor activities allows me to feel nature. This is the reason why I would like to go hiking and climb mountains.

What's more, going on treks helps me stay well since they allow me to **unwind** in the great outdoors and maintain a healthy **immune system** that **keeps** colds **at bay**. More importantly, I can relax and get some rest. After the day's activities, I go home, take a hot shower and lie in bed, feeling **at ease** and relaxed. I believe I have regained my energy back.

Going hiking alone can be a wonderful way to take care of yourself, both physically and mentally. Just make sure to plan your hike carefully, bring appropriate gear and supplies, and let someone know where you'll be going and when you expect to return.

~205 words