

Some people think that it is important to use leisure time for activities that improve the mind, such as reading and doing word puzzles.

Other people feel that it is important to rest the mind during leisure time.

A bone of contention has been created around a somehow controversial issue as to whether or not it matters to take the advantage of time while having free time by miscellaneous types of activities such as reading, doing crossword puzzles, taking different assortments of classes more common these days ~~and so on~~. From the author's point of view, it is suggested doing selective sorts of stuff-activity in times of resting and vacation instead of just having fun squandering the time in order to make the mind muse on some problems and burn calories.

Firstly, it should be noted that the human mind grows far more analytical, working more and more. There is a great deal of research sharing this opinion that an engaged mind with logical issues can function better in terms of not only finding best solutions but unraveling routine life problems.

To put it another way, the aforementioned individuals settle their problems, whether easy or complex, far better than those ~~of~~ without analytical thinking. To continue, this study depicted how teenagers, caring about their time, will perform better as well as quicker in intelligence contests.

Secondly, working brains are less likely to get infected to some types of diseases like amnesia and alzheimer. A bunch of scientists have proved, health-wise, those who have engaged with a type of activity in their free time, are less susceptible to catch diseases, so they can have a far better and longer senility period, as their brain is more resistant to damage and functions s well. To put it into perspective, as seen around us, there have been many similar cases where elderly people say poems, interact with youngsters, joke and have a sense of humor indicative of their smartness albeit aged, but if you scrutinize into their adolescence they are said to have had more quality time than had their peers.

To conclude, a large number of studies have been carried out resulting in the fact that people with more quality time in their free time ~~merit are healthier than over~~ those ~~of~~ without it that not only does the writer share the same view with the above findings but sides s with this idea of benefiting from ~~these~~ this time for making the brain more effective as well as being more useful individuals in future.