

You are bored because you don't know what to do with your time, can't find anything interesting to do. The simplest solution to avoid boredom is to find something interesting to do. For me, football is the most interesting hobby.(Andrey Visotskiy)

If you don't know what to do with your free time. Try to take up a hobby because it is a kind of self-expression and the way to understand other people and the whole world.

**Yana Khrul:**

Boredom is a state of mind. It doesn't happen all the time. If you're bored, I strongly recommended you to go to the cinema, have a picnic, drive to the beach or do anything else under the sky together with a friend.

**DANILA HLAZAU:** It is very important to have a hobby. Some people are in loss. They have a lot of free time but they don't know what to do with their leisure time. So I strongly recommend you to improve your fitness level. It will be nice for your body.

Our lives would be hard without rest and recreation. There are many different things, which can help you to avoid boredom. I think, it will be nice for you to read a book, that interesting and exciting for you. It's will improve your mood and you will be able to relax.

**Tobola Vladislav :**

*I'm strongly convinced that the best way to avoid boredom is to find an interesting and exciting activity. For me it is Playing the guitar. It's my hobby. I play the guitar every free minute.*

*This helps me to relax*

*So the simplest solution to avoid boredom is to find something interesting to do. There must be several things that you enjoy doing or would like to try. After do it.*

*to understand music better, to get new information about singers and music.*