## موضوع تعبير عن هوايتي المفضلة بالانجليزي

إنّ ممارسة الهواية المفضلة بشكل منتظم ودوري يساعد الفرد على تجاوز الكثير من الصعوبات التي قد يواجهونها خلال مسيرته في هذه الحياة، فممارسة الهواية هي تفريغ للطاقات السلبية الناتجة عن ضغوط الحياة ومتاعبها، وقد بيّنت الأبحاث أنّ الأشخاص الذين يمارسون الهوايات أقل عرضة للمعاناة من التوتر والمزاج السيء والاكتئاب.

### المقدمة

The favorite hobby is the regular activity that a person does to empty his energy according to his abilities and desires, some of them like drawing, others practice sports of all kinds, others read, and many other hobbies, everyone is different in their hobbies and activities that they love, and each of them expresses his desire in his own way The distinctive and the beautiful, if the hobbies are similar, each of them will have their own touch and different expression.

### العرض

Among these many preoccupations and the many difficulties of life, a person finds his refuge in a hobby that he loves to practice, in which he finds his happiness and feels through it his value and the value of that thing that he offers from the making of his hands, as it is his opportunity to entertain himself and renew his energy and activity.

Where the importance of the favorite hobbies for the individual lies in the fact that they contribute to the person’s ability to discover himself and the capabilities he possesses in various fields, and to bring out all the energies within him, and they also work to get him out of isolation and away from anxiety and tension, so that his perceptions expand and he becomes more interactive with the surroundings. As well as its importance in maintaining our mental health and renewing energies when needed.

### الخاتمة

There are many favorite hobbies that a person can adopt in his free time, but this requires his desire, and making sure that he really feels pleasure in performing them, and it is certain that every person has his own hobby in which he finds himself and his comfort when practicing it.