

# Why Volunteer? It's a great thing to do in your leisure time.

Why is Leisure Important?

Source: <http://www.buzzle.com/articles/importance-of-leisure-why-is-leisure-important.html>

All work and no play surely makes Jack a dull boy! It's time you spiced up your life by indulging in some leisure activities. Why is it so important, you ask? This Buzzle article explains why.

"Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good plays, good company, good conversation — what are they? They are the happiest people in the world."

— William Lyon Phelps

When was the last time you had time for yourself doing things that you really enjoy? This is something you probably may not even remember, owing to the fast-paced life. With work taking priority in the lives of many, people have very little time for any kind of leisure activities. No matter how much you are busy with work, there comes a time when your body and mind start signaling to you for some much-needed break, so much so that you feel like running away to some isolated, quiet, and far off island. And that's when you should definitely listen to both and take a break from the daily hustle-bustle.

You'll feel refreshed and rejuvenated, and will be able to work better and with more efficiency after you get back. But before doing so, you need to understand why is it so essential to take a break every once in a while. If you haven't yet thought about it, then it's time you do a reality check.

## What is the Meaning of Leisure?

When one speaks about leisure time, it simply means a period which you spend doing things other than your work. Leisure activities are meant to de-stress a person and divert his/her attention away from work. This could mean any type of recreational activity. The primary aim is to give you sense of self.

## Importance of Leisure

Leisure activities are important to bring about a positive flow of energy in a person. These activities help to refresh the mind. There are various recreational activities one can choose from to suit individual tastes. At the end of the day, the increased positivity that you experience only reflects the importance of recreation in your life. The following points will help you understand the importance of leisure time.

### Physical and Health Benefits

Thanks to their busy schedule, people, these days, hardly find time for some leisure. Absence of any physical activities may trigger some serious health issues, especially obesity and heart-related problems. Indulging in some recreational or leisure activities will help you to improve your fitness levels. Take up your favorite sport and have fun while you forget all the work-related tensions.

### Reduces Stress and Depression

Well, most of you would agree that taking some time out for yourself and enjoying your favorite hobby or sport is a great stress buster, isn't it? Too much of work pressure and the pressure to reach daily targets can leave a person completely stressed and mentally tired. So, take some time out from your busy schedule and get yourself enrolled in some sports, dance classes, or whichever activity you love. This will not only rejuvenate you, but also help you think and work in a better way.

### Improves the Quality of Life

Doing some activities that you love also boosts your self-esteem to some extent. This helps you feel more satisfied with the kind of life that you may be living. It also ensures better functioning of the body as well as mind. Moreover, getting yourself involved in some group activities also connects you with people and brings you closer to them. Spending some time with friends can be a great stress buster.

### Aids Positivity

Pampering yourself or indulging in some physical activity that refreshes you also brings positivity in your life. Daily work stress tends to fill one with frustration or negativity. You tend to think and work better if you are positive enough. It teaches you to live your life more enthusiastically and also gives you a chance to rediscover yourself.

### Examples of Leisure Activities

There are two types of leisure activities you can choose from. Active leisure activities include energetic activities that even require one to use mental strength. You can learn to dance, listen to music, go hiking, camping, fishing, swimming, or even try adventure sports. Rock climbing, skiing and surfing are equally popular as leisure activities for those who crave for adventure.

Passive leisure activities are all about relaxation and can even mean watching a movie with friends, reading, taking a stroll in a park or on the beach, or even visiting a spa. Even if you want to sit at home and do nothing, it's completely okay! That's just another way to spend some quality time with yourself or your family. It will help strengthen the bond with your family members.

So, what are you waiting for? Go ahead and take some time off from your work. Don't wait

for the right time. You may lose out on few doses of laughter and fun. If you can't find time on a weekly basis, then make sure you give yourself at least 1-2 days of exclusive me-time in a month. It is a proven fact that a refreshed mind and body is always more productive than one that works 24x7. So, stay healthy and enjoy your life to the fullest! Read more at Buzzle: <http://www.buzzle.com/articles/importance-of-leisure-why-is-leisure-important.html>