RECREATION

Recreation is making of oneself relaxed, and enjoying pleasure from some activities so as to make one refreshed from normal life challenges and concerns. It relates strongly to games, sports, outings, excursions, tourism, occasions, entertainment, performance, dancing, music, reading, etc. It achieves good state of mind in a person.

Recreation and entertainment differ from rest and sleep in that in the former, some actions are done for pleasure purpose, also information may be gotten. Nevertheless they aim both at making one refreshed.

Emotions that come from our normal activities are embarrassment, shame, fear, confidence, depression, anger, shyness, etc. could be dealt through recreation/entertainment. Recreation usually occurs in parks.

Note: Recreation is studied under the title Performance Art, it includes, dance, music, drama, dance-drama, comedy, hospitality, etc.

Religions (e.g. Christianity) also say they are recreated or rather, refreshed from their worship to God. They say God comes to take their burdens away, so they become happy, joyous. Arnold once spoke that helping people gives satisfaction.
From the above we can also say another way to become recreated is to put up events where one could encourage younger people or even less privileged people, indirectly or directly. Also, religious worship occasions or feasts could also make one feel satisfied and refreshed from life's burdens.
NOTE: Recreation is best done only when one has passed through a a plan or collection of activities, whether they were successful or not as one expected, one could plan for a recreation with the appropriate finance.