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Relaxation, recreation for one's well-being

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LIFE is a continuous process of work, relaxation or recreation and sleep. It is between work and sleep that relaxation or recreation plays its role in our life.

The period of work or study may be fixed but never indulge in relaxation, recreation or in sleep during that time. When you work or study do it with full concentration and commitment. Relax or even sleep as the occasion demands. If one is dead tired after a certain job, one may take a nap or even go to sleep to regain energy.

If you are still physically and mentally fit after work or study, by all means, go for a game of badminton or a brisk walk in the garden or recreation park. Some may take up gardening or just sit reading or watching TV. But never, never day-dream often.

One needs to recuperate after an illness but never resort to lame excuses to be lazy. Manage your precious time wisely in between work and rest and after "recharging your battery", you'll jump on your feet again to surge forward.

Our Prime Minister, Datuk Seri Dr Mahathir Mohamad, doesn't play golf but he used to enjoy carpentry and cooking after a day's work. Nowadays he goes horse-riding for inspiration, perhaps. Lee Kuan Yew goes for a round of golf or he will be cycling or jogging to keep fit.

Juvenile delinquency, drug addiction, gangsterism and even indiscipline in schools are some of the social ills plaguing our youth today. The problems are multiple and some of the root causes may be the youth today are being swept off-balance by social trends to the extent of failing to avail themselves to the benefit of relaxation or recreation.

Instead of taking up healthy pastimes such as a games and sports, music, literature, art or drama, they indulge in smoking, loitering and surfing the Internet for obscene materials.

It is hoped that one will realise the importance of time management in the form of relaxation or recreation to serve your mental and physical development.