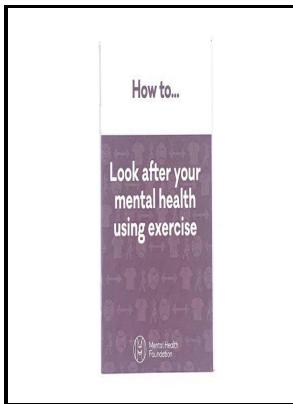


Work, leisure and well-being

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Rather, it is achieved by thinking through the consequences of what is. Positive affect, the final key component of leisure as state of mind, refers to a person's sense of choice, or the feeling people have when they have some control over the process that is tied to the experience. American Psychologist, 56 3 , 218—226.

Work, leisure and well being

At first sight this will seem strange. Leisure, life, enjoyment and well-being. What is the proper response to the gift of being? Leisure as Activity Leisure can also be viewed as activities that people engage in during their free time—activities that are not work oriented or that do not involve life maintenance tasks such as housecleaning or sleeping.

Work

Indeed, the prime ways that they can become destructive of the human good is to elevate work, the making of things, into the central purpose of both the individual and the culture. Regularly set aside time for activities that you enjoy, such as practicing yoga, gardening or reading.

Work

Abstract Both work and leisure are essential for well-being. While most people see play as the domain of children, adults also play, although often their play is more entwined with rules and regulations, which calls into question how playful their play really is. Unlike leisure, recreation has a connotation of being morally acceptable not just to the individual but also to society as a whole, and thus we program for those activities within that context.

Leisure and well

American Psychologist, 55 1 , 5—14.

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