**Introduction:** Some people prefer to relax by doing physical activities, while others choose mental activities (crosswords, chess, etc.). My opinion is both physical and mental activities are different ways of relaxation. It is an individual’s choice to choose either of these ways.

**Physical Activities** – Physical exercises are very much essential for an individual to get relieved from stress which almost everyone undergoes now a days. By doing physical activities like playing a preferred sport, going to a gymnasium or travelling long distance, human body produces required hormones thereby relaxing the mind. Doing house old work is also another kind of physical activity which keeps the human body healthy.

**Mental Activities** – This is another way getting relaxed. As mentioned in the introduction, I am referring to chess, crosswords or any indoor games. These activities not only relax the mind but also help an individual to improve his/ her memory, analytical skills and logical reasoning. Any individual has to play these games along with a partner which will be more useful. In my opinion, playing video games is definitely not the correct option. Reason is, there is a high chance of someone getting addicted to the video games.

**Conclusion** – We can conclude that both physical and mental activities are two different ways of getting relaxed. In-fact, children should be encouraged to play in an open ground rather than restricting themselves to their homes. Now a days, children (some adults as well) are getting addicted more to video games. This is not at all a good choice as it affects an individual’s mental health.