Recreation, pastime, to contribute to, to nurture, to restore, to inspire, to perform , an outlet, to boost (productivity), to be relaxed, to be in tune with ourselves, to thrive, to engage in (hobbies), to recharge batteries, to counteract, exhaustion, to recover, hectic,

“therapeutic”, to re-ignite (our spark), passionate, to unwind, to pursue (an activity), insight,

Soothing, exhilarating, adrenaline, introspection, to wander, to unleash (talents), a balanced perspective, to rejuvenate (our mind and spirit), overwhelming, to appreciate.