**Title of Article:**  *Counselling for Recreation, Leisure and Vacation during Working Period*

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**Abstract:**

The paper noted that the period of rest or vacation is vital to man and is important to his prolonged existence. The paper also noted that a period of rest enables an individual to function more effectively after a period of hard work. Some recreational and leisure activities which are desirable and rewarding if properly managed were discussed. The concepts of recreation, leisure and vacation were discussed. The impact of leisure activities and the phases of total recreation, namely, anticipation, planning, participation and recollection were highlighted. Clarifications and misconception about recreation and leisure were made. The paper noted that an individual engaged in any employment needs to find time for recreation, leisure and vacation as it may be counterproductive to live in a busy world of work without time for other activities.