

## **How to really re-charge yourself during your vacation**

Do you have mixed feelings about vacation?  
Do you return from a break needing a break?

Vacations are a great time to unwind and reconnect with your inner self. But many vacationers return more stressed than when they left.

The secret to successful vacations is conscious planning, keeping it simple and savoring each moment.

Make your personal "well-being" a top priority. Ask yourself "What relaxes and recharges me?" "Which activities bring the most joy?" "What nurtures my body, mind and spirit?"

Let go of the unrealistic standards seen in the mass media and movies. Find activities you really enjoy. Visit places that attract you – not places the media says are "musts" to see.

Stop and smell the roses. Stay longer in fewer places. Consciously appreciate your surroundings and take time to discover hidden places and joys.

Savor every moment. If delayed in traffic or at the airport, use the time for personal growth and fun. Create a new vision for the future, play a game, dream about your perfect life.

Make the most of every vacation day. Go for a walk, thinking about everything you are grateful for. Feel the warmth, ease, hope, and love it creates in you. Gather with your co-travelers in the evening and share what recharged and excited you during the day.

Take care of yourself. Plan some time alone where you can take care of your personal needs: meditate, read, rest, get a massage. Learn a new relaxation technique or stress relief method, e.g. EFT (Emotional Freedom Techniques) you can continue when you return home.

Prevent the Post-Vacation Blues: Return a day or two early to unpack, get organized at home and take time to relax and reflect on your vacation before you return to work.

This summer, take control of your vacation. Consciously design the positive experience you want your vacation to be.

Have fun during your summer vacation!

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