



## **Planning a Relaxing Vacation**

### **A few tips to keep in mind:**

- ❖ Planning a vacation is a great idea, however don't OVERplan. Vacation should be fun and enjoyable. This is your time to recharge your batteries and get rejuvenated. Remember your reasoning for taking the vacation – to RELAX and return to your usual day-to-day activities RELAXED!
- ❖ Realize that unexpected changes or delays may happen on vacation and challenge yourself to handle them with ease. Be flexible.
- ❖ I challenge you not to take ANY work related things with you on vacation. Bring your cell phone, emergency phone numbers and such, but leave your laptops and day-planners at home. They'll be there when you return.
- ❖ While on vacation, take time to be with you - alone. Take a walk. Clear your mind and think about your life, what you love and what you'd like to change, if anything. Make it fun!
- ❖ Don't take a vacation from your health! Continue to eat well and exercise while on vacation.
- ❖ Arrange to come home at least one day before you resume your "normal" activities and schedule. This can prevent feeling rushed and tired your first day after a relaxing vacation!

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