

Secret to a great vacation: *It's no secret!*

*Focus on your needs
for rest and relaxation*



A great vacation is time away from your usual routine that leaves you feeling energized and refreshed. It shouldn't be an experience that leaves you frustrated, exhausted or up to your eyeballs in debt.

The good, the bad and the *unrelaxing*

Everyone needs a break now and then. But did you know that vacations can turn out to be downright *unrelaxing*? Here's how:

- **When you don't do what you really want to do.** Many people fill vacation with things they think they "should" do. For example, they should go out of town, they should sightsee for hours on end or they should visit family. Vacations like these are just a list of demands.
- **When you spend too much.** People often feel pressured to spend large amounts of money on vacation. Hotels, travel, meals and attractions all add up. And coming home to bills and debt can melt vacation memories fast.
- **When you plan too many things.** Part of the art of relaxation includes allowing for flexibility. Instead of moment-by-moment plans, leave room for last spur-of-the-moment activities. Those are often the most memorable fun.

Vacations can be staycations

For many people, it can be more relaxing to take vacation without leaving home at all. Staycations are vacations that include a variety of daytime activities — and coming home to your own bed at night.

You might visit local museums, zoos or waterparks. Spend a day at the local lake, pool or beach. Or, have a picnic right in your own backyard. These are just a few ideas — you can probably think of many more. Staycations help save on pricey meals and hotels, while still providing great recreation and fun.

It's up to you

Whatever you choose — vacation or staycation, high-flying adventure or a book and a beach chair, family trip or adult retreat — make sure it's right for you. It's your vacation so create what many people need most: a refreshing, recharging and — yes — relaxing time!

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!