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## Making the most of your vacation...



With the end of summer in sight, last minute vacations are being fit into already tightly packed schedules, so how can you make the most of your vacation? For most people, they associate vacations with relaxation and rest, but in today's fast paced world, some find that their vacation isn't really a vacation at all. Making your vacation a time away from work, and as stress free as possible, will help you to recharge and be ready to "get back to the grind" upon your arrival home.

### How can I afford a vacation?

Do you feel like you cannot afford a trip this summer? Well, take time to think it over. Take time to think about your priorities and what you really want. If you would rather save money for a nice house, a fancy car, or a big shopping spree, go for it. But, if you want to take some time to explore and relax for a week over the summer, it is your choice. You may decide that you could live with a modest size car and home to save up for extras like vacations.

While most of us would like to spend a week on an exotic island somewhere, this may not always be a possibility, but it doesn't mean that you cannot enjoy a nice relaxing vacation. If you like the outdoors, look into different campgrounds. Some campgrounds have a RV or tent rentals, and usually have bathrooms and showers for their renters. Another very accessible vacation deals with those who are interested in history. There are many interesting historic sites just here in Virginia, as well as in many local states, so picking somewhere that won't cost too much in gas is very probable. Most historic sites have a small fee to enter, and sometimes even have family packages to help cut down on costs. Or you may still be pining for that beach vacation, but do not think that it is out of your reach! Research different beaches before you go to the "most popular" place. Smaller islands may have more ways to cut down on costs, like eating at more "mom and pop" diners, than bigger restaurants (or even just bring your own food). Also think about staying at hotels that are close, but not necessarily directly on the beach. This may help to cut down on

Resources may be found at the bottom of this newsletter.

costs. Another price reducer is also just cutting your vacation time down. Instead of going for a whole week, try to go for a long weekend trip, not only will this reduce your vacation costs, but also will allow you to use less vacation time from work.

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## Making your vacation a healthy vacation...



While vacations are meant to be fun, it is also important that you are as stress free as possible, and do not come home in more need of a vacation than before you left. The following are some tips to help your vacation be as relaxing as possible.

- 1) **Prepare Before Leaving-** Make sure you have enough maps and information, so that you won't be stuck on the road. Also make a check list of what to bring, so that you can be sure not to have to.
- 2) **Do not over pack-** Ask yourself "do I really need this" and if not, then leave it at home. Packing less allows for less stress, especially when flying.
- 3) **Arrive on time-** Allow for plenty of time, either when flying, or traveling on the road. Always think about traffic jams or delayed flights when planning your vacation.
- 4) **Limit your activities-** Try not to have the "must see it all" attitude. While seeing the highlights are fun, it is also important to take time to relax or your vacation may turn into more of a stress than a unwinding period.
- 5) **Learn to Say No-** If you are returning to an old home or town make sure you understand that you cannot see everyone and everything while you are there. Instead of visiting old friends and family at different times, try to plan a dinner or party to allow yourself to see multiple people at one time.
- 6) **Put down the electronics-** Learn to put down the blackberry and laptop. Enjoy your vacation by trying not to think about work, this will help your to clear your mind and allow yourself to be more stress-free.

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## Use your sources...

Using an array of sources is best for planning your vacation. Search the internet, talk to friends, or even a local travel agency. Be sure to start planning your vacation in advance, but try not to set a "minute-by-minute" itinerary. Be sure to allow yourself time to relax!

Once you have thought through your options, decide where you would like to go and set a goal, even if it is not for 5 years down the road, and start making some changes. It is that easy. Worried about planning a nice vacation? Talk

### Vacation websites

[www.vacation.com](http://www.vacation.com)

[www.tripadvisor.com](http://www.tripadvisor.com)

[www.expedia.com](http://www.expedia.com)

[www.travelocity.com](http://www.travelocity.com)

### Contact Us

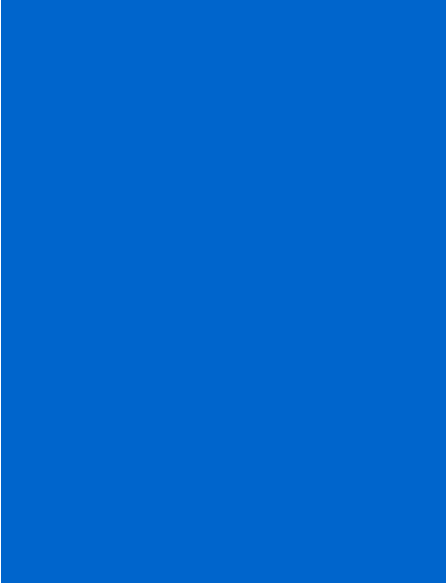
Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call  
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned.



to a specialist at your local travel agency. They can give you tour guides, magazines and information on travel prices, airfare and more!

Numerous people work non-stop without taking any breaks, and that is not the answer to having a healthy balance.

**References:**

- 1.) Adapted from "Take the Vacation that you Deserve". By Tripp Friedler, *Employee Assistant Report, July 2006, 715-258-2448, For Subscription information contact: Employee Assistant Report, 1439 Churchill Street, Unit 302, Crystal Plaza, P.O. Box 322, Waupaca, WI 5491. 1 year subscription is only \$189.00 for 12 issues!*
- 2.) "How to relax on your vacation" by Venice Kichura. February 6, 2008. [http://floridatravel.suite101.com/article.cfm/how\\_to\\_relax\\_on\\_vacation](http://floridatravel.suite101.com/article.cfm/how_to_relax_on_vacation)