

# Making the Most of Your VACATION

Busy schedules and lifestyle routines at home can sometimes interfere with your ability to have fun while away from work. Here are some simple tips to help you relax and make the most of your time off.

- Leave work at home. Can you really “get away” if you bring your blackberry, laptop, or cell phone with you and stay plugged in or accept calls throughout the day? Set up e-mail and voice mail replies saying you will not be available. Provide the name and contact information for another individual in your organization who may be able to assist customers or clients in your absence.
- Forget the stress. You may be in the middle of a big project or stressful situation when you are ready to leave for vacation, but try to leave the stress behind while you’re gone. One of the benefits of taking time off from work is to clear your mind and re-energize yourself so you can tackle anything when you return.
- Be adventurous and try new things. Be open to trying new foods, learning a new dance or sport, or visiting a neat museum you would otherwise never see. Take advantage of new opportunities to explore and experience the local culture.
- Fit in exercise. Vacation should not be an excuse to stop exercising. Rent a bike, swim, take a long walk, or attend a group exercise class that may be offered at or near where you are staying.
- Keep a journal. A journal can be a great way to supplement your pictures and recall the funny stories or experiences you had on your vacation.

Mary Kelly  
MS, RD, CD, CDE  
[www.sensiahealthcare.com](http://www.sensiahealthcare.com)  
[mkelly@sensiahealthcare.com](mailto:mkelly@sensiahealthcare.com)

July 5, 2010 issue  
Sensia Healthcare  
[www.sensiahealthcare.com](http://www.sensiahealthcare.com)  
(414) 359-0800



*For more information regarding Sensia Healthcare's Wellness Programs, contact John Lerand at 414-359-9440 or email him at: [jlrand@sensiahealthcare.com](mailto:jlrand@sensiahealthcare.com).*