

## 5 Tips For Creating Your Vacation At Home

By Mary Jo Kurtz

If someone called you and announced that your vacation was starting today, what would you do? Might there be a few things you'd do that you don't do on normal days?

1. Do you have a special drink that you like to drink when on vacation that perhaps you forget to enjoy the rest of the year? If so, chill your favorite glasses, gather those ingredients and get that vacation mood going. My family likes sparkling water, on ice, with a wedge of lemon and lime, and a squirt of Sunny Dew or Stevia. We enjoy it in a chilled glass and feel like we're sitting poolside! I also recommend a pitcher of Sangria filled with fresh fruits of the season. And don't forget those little umbrellas for the finishing touch!

2. *"If a problem has a solution there is no need to worry about it. If there is no answer for the problem, worry will do no good."*- Tibetan proverb

How true, right? Yet we still worry all the time. Except maybe, if you are like me, and allow yourself to forget your worries when you're on vacation. I think that because I know it's only temporary, I'm able to let go for a short while. Usually when I return, I'm happy to see that the world didn't end. Many times this allows me to either forget the concern altogether or just look at it in a different light. So, give yourself permission to stop worrying for the rest of the month. See what happens!

3. Escape the negativity that surrounds you. When we go away, we often leave behind a lot of negative things that constantly bombard us. That can include television, radio, newspapers and even people. Studies have shown that the violence and negative images that flood our minds every day are addicting and have a direct impact on our health. Not having that daily bombardment can reduce stress and add peace to your life. I know that when I'm away, I don't listen to the radio, read the paper or turn on the TV. Think about what negative energy comes at you everyday and how it might be affecting you. Even if you can't get away, try eliminating as much as you can and see what happens.
4. Do you have a special way to relax when you're on vacation? Do you read trashy novels, play cards, board games, knit, take long walks? One of my favorite memories from childhood vacations is playing a card game called *Grease the Pig*. A little card playing goes a long way to relax the whole family. Find an hour to enjoy one of those special treats. It is also a great way to create a new tradition.
5. Vacations are the most common time that we take pictures. We enjoy doing it and they bring such joy afterwards. Yet during the year most of the time our camera is tucked away in the closet. Why not carry your camera around this month and take

pictures as if you were a tourist. Try some black and white film too. Enjoy the act of taking the pictures. You'll love it when you get to look at them later.

Make a short list for yourself of all the ways you can bring the vacation mood into your family's life this month and try out as many as you can.