

This summer, take a stress-less vacation

June 2016 Newsletter



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 stressed out, exhausted or deep in debt.

Vacation don'ts

Everyone needs time off now and then. But did you know some vacations can 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 far away, they should sightsee for hours or they should spend all their free time visiting 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 dampen vacation memories fast.
- **When you plan too many things.** Part of the art of relaxation includes flexibility. Do make plans, but also leave room for spur-of-the-moment activities. Those are often the most fun.

Vacations can be staycations

For many people, it may be more relaxing to take vacation without leaving home at all. Staycations can include a variety of day trips, nearby activities and coming home to your own bed at night.

You might visit local museums, zoos or waterparks. Spend a day at a 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 recreation and fun.

It's up to you

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