

# Get Away To Relieve Stress

## **How a mini vacation can energize your life**

Are you starting to feel tired of everything you are involved in? What once excited you just doesn't motivate you anymore? If this is the case, you are probably in need of a get-away to boost your spirits.

You may not need an elaborate vacation to lighten the stress. Taking some time off just to have fun can keep you from becoming burned out. And the good thing is, it doesn't have to be expensive to be effective.

The following tips will help you get started on your plans for a mini-vacation. The key is to have fun by escaping your everyday stresses.

## **Take Friends**

You may have some friends that you always have a good time with. If you do, invite them to accompany you.

Also, consider inviting a friend you might not have ordinarily thought about asking. If it's a coworker, not only can you build a lasting friendship, you can help each other at work, as well.

You and your friends will have great fun just planning your vacation. It could also lower your expenses if you go together.

## **Leave Your Worries**

If you are having difficulties with a coworker or are worried about getting a promotion, take a vacation from your anxieties. Make a conscious effort to let go of your worries.

You will enjoy your leisure time much more if you mentally leave the problems you've already physically left behind.

## **Plan Fun Activities**

When you leave for vacation, have ideas of some fun things you would like to do. Looking forward to events will help you enjoy your get-away more.

Do what you enjoy most. You might like eating at a nice restaurant or taking a walk through the mountains. If you are going with friends, get their suggestions on things to do also.

You can help eliminate the stresses of life by taking some time out for yourself. Even just a few days will immensely improve how you feel.

"If you don't know where you're going, you will probably wind up somewhere else." - Franklin P. Jones