

TIPS FOR MAKING THE MOST OF YOUR VACATION



DISCONNECT

Truly disconnect from work-related emails and tasks. Give yourself permission to enjoy your time off without constantly checking in.



ENGAGE

Engage in activities that bring you joy, whether it's reading, hiking, or simply lounging by the beach.



EXPLORE

Use your break to explore new places, try new things, and expand your horizons. You can do this right at home!



REFLECT

Take some time to reflect on your goals, accomplishments, and what you want to achieve in the future.



SELF-CARE

Pamper yourself, focus on your health, and engage in activities that nurture your mind, body, and soul.