

This is your time to be calm. Set aside your worries and fears. Experience what is happening. Take in all the sights and sounds. Engage your senses. Be aware of what's happening around you. Be aware of what's happening within you.

Take a break. Take time to **recharge**. Recharge means to rest and get new energy. Our minds and bodies need rest.

Challenge yourself to be tech-free. Spend time away from your **devices**. Devices are things like phones. Disconnect from technology. Instead, connect with yourself. Connect with nature. Connect with other people.

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Tip: While on vacation, focus more on the experience than on taking pictures. See with your eyes, not your camera.

