

# Summer Lovin’ One Thing You Can Do For Your Mental Health – *Take a Vacation!*

Summer is here which means it is time to give yourself a well-deserved break – take a vacation! 40 percent of us do not plan on using our vacation days, and this statistic needs to decrease. When you are mentally fatigued, you become stressed out. Stress results in poor decision making, carelessness, and impatience. Chronic stress leads to increased irritability or even depression. Use this summer to your advantage and take a relaxing, or even adventurous vacation to keep your mind at ease.

## Reasons to Take a Vacation

- ✓ Recover from stress due to school, work, relationships, etc.
- ✓ Have a sense of peace, calmness, and excitement
- ✓ Increased happiness
- ✓ Build quality relationships with people you will go on vacation with
- ✓ Improvement of skills you have learned – allows you to be more productive after your vacation (when your brain is relaxed, your brain processes information more effectively)
- ✓ Multicultural activities foster creativity and better problem solving skills
- ✓ Know yourself on a deeper level



## How Does Journaling Improve Mental Health?

- Allows you to process stressful events
- Releases the intensity of negative feelings
- Helps you to stay calm and be in the present
- Able to see all your accomplishments
- Know yourself better – know your routine, how you problem solve, and what makes you happy



Jacques, R. (2014, August 28). Scientific proof that you need a vacation right now. *Huffington Post*. Retrieved from [www.huffingtonpost.com/2014/08/28/take-a-vacation\\_n\\_5701215.html](http://www.huffingtonpost.com/2014/08/28/take-a-vacation_n_5701215.html)

Purcell, M. (2013). The health benefits of journaling. Retrieved from [www.psychcentral.com/lib/the-health-benefits-of-journaling/](http://www.psychcentral.com/lib/the-health-benefits-of-journaling/)

## Other Budget-Friendly Activities

- Picnic at the park
- Day trip to the beach to swim, play beach volleyball, or build sandcastles
- Spend a day or two camping
- Go on hiking trails
- Attend community classes to learn a new skill
- Participate in recreational/drop-in sports
- Star gaze
- Enjoy summer festivals
- Visit museums and art galleries
- Geocaching – use a GPS or mobile device to find items called “geocaches”