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**Fifteen Healthy Reasons for Taking a Vacation**

By Etienne A. Gibbs, MSW, Management Consultant and Trainer

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Going away on a vacation brings numerous benefits. It refreshes our enthusiasm, helps us to know ourselves a little better, and makes us, upon our return home, happier, healthier, and much more effective in coping with stress. The key to reaping the benefits of traveling is in the going away. Hardly anyone reaps a benefit from spending a vacation time at home to work around the house.

Want a reason or two to go away on vacation? Here are fifteen:

- \* **1. Relaxation:** Vacations break our day-to-day routine.
- \* **2. Stimulation of new sights:** New sights give us new insights.
- \* **3. Meeting new people:** Seeing how other people live broadens our perspective on our own live.
- \* **4. Fellowship and camaraderie:** Shared hardships and good times form long-lasting bonds of love and friendship.
- \* **5. Education:** We learn new skills and activities. Remember when you picked your first farm-fresh fruit or vegetable, climbed a mountain, learned a new language?
- \* **6. Adventure:** Travel returns a sense of adventure to our life and improves our self-esteem when we accept and conquer challenges that don't exist in our routine life.

## Fifteen Healthy Reasons for Taking a Vacation

- \* **7. Surprise:** It is the unexpected surprises in life that give us some of our fondest memories.
- \* **8. Beauty:** When we open our eyes and take in new sights, we begin to tune into the majesty of nature.
- \* **9. Anticipation:** The planning and preparation give us some of the most pleasurable experiences we can recall.
- \* **10. Memories:** We'll always have the joy of reflecting on our pleasant memories.
- \* **11. Freedom:** A vacation gives us the freedom to do what we want to do. Even if we are generally satisfied, we may yearn for something more.
- \* **12. Self-discovery:** In letting our soul talk to us, we develop our inner peace, creativity, and harmony.
- \* **13. Appreciation of things taken for granted:** When we get home, we will get more out of life. We will notice the miracles where we live.
- \* **14. Time stands still:** The best part is when we get completely lost in the moment.
- \* **15. Happiness:** Constructive use of leisure time makes us happier people. The major goal of a vacation is happiness.

Now you have no excuse for not taking a vacation away from home. Or, do you? The choice is yours!

**Remember:** When you maximize your potential, everyone wins. When you don't, we all lose.

**Etienne A. Gibbs, MSW, Management Consultant and Trainer**, conducts seminars, lectures, and writes articles on his theme: "... *helping you maximize your potential.*" For more information visit

, or email him at

### Take A Vacation To The Atlantic Ocean

By **Hallidae Thomason**

If you're looking for a unique and great place to take your next vacation, then think about taking a trip to a place on the Atlantic Ocean. Many people think of vacationing on the Pacific Ocean, the Gulf of Mexico or somewhere else in the Caribbean Sea, but few people take seriously the attraction of vacationing on the Atlantic Ocean.

## Fifteen Healthy Reasons for Taking a Vacation

I love discovering places in America that are unreached and unexplored when it comes to tourism. And while it is true that many, many people vacation on or near the Atlantic each year, it is also true that there are still a lot of great reasons to give the East coast a try.

One of the greatest reasons to try a vacation on the Atlantic Ocean is because the East coast is relatively uninhabited by the every day tourist. So there is a level of quaintness and quiet that cities and towns along the Atlantic offer that nowhere in Florida or California can offer. So if you are looking to vacation somewhere a little off the beaten path, then look no further than a great East coast vacation on the Atlantic Ocean. Grab a magazine or do an online search to find some of the best places on the Atlantic Ocean that you might like to visit. Think about how you want to spend your days of vacation and then start planning a great trip out East. What I love about the Atlantic Ocean is that there is a wide variety of things to do for people of any age and any kind of hobby.

You can catch a great baseball game, go fishing on the Atlantic Ocean, stay in the heart of a huge city or in a quaint bed and breakfast. The options are endless when you make a decision to visit one of the best parts of the country. Talk with a travel agent or some of your friends that travel often and get their help and suggestions.

Gather your friends and family and get off to your Atlantic Ocean vacation as soon as you can. Make reservations, get flights and do what you need to so that the trip of your dreams can come true. Life is far too short to work it away, so be sure that you take time for vacations as often as you can get away. Enjoy yourself a little. Take time to explore parts of the country and the world that you've never seen. Prove everyone who thinks the Atlantic Ocean isn't a great location for a vacation dead wrong!

Hallidae Thomason is addicted to traveling. She loves finding the best places to vacation, and her recent hot spot is anywhere along the Atlantic Ocean. See

for more

details.

Take A Vacation To The Atlantic Ocean

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