

Vacations

An article by William S. Daniel

For most people, vacations are welcome respites from the all too fast paced world in which we work and live. On vacation, we can relax and live it up!

More than anything, vacations are a change of pace, slowing down, and a change of place, getting yourself out of the work world and back into natural and peaceful surroundings that rest the mind, calm the body and soothe the soul.

Vacations are a time to rest, recover and recuperate, re-charging your batteries. Getting back to work after a vacation places you in a better state of mind, refreshed, newly creative with restored energy. Vacations are definitely worthwhile and result in more productive people. Workaholics who never take vacations just get mired down in the unending day-to-day drudgery that comes from never taking a break. Instead of burnout, vacationers experience rekindled flames of enthusiasm for life.

In her delightful book, Ten Things I Wish I'd Known - Before I Went Out into the Real World, Maria Shriver writes: "So I've made a point to schedule family vacation time every summer...That week of laughter feeds my soul all year long." (p. 115)

In his informative and inspiring book, The 7 Habits of Highly Effective Families, author Stephen R. Covey writes: "The point is that holidays provide an ideal time to build traditions. They happen every year." (p. 294) "Any family vacation can be a great renewing experience, but many families - including our own - have found an added dimension of renewal in going back to the same place year after year." (p. 290) "These kinds of traditional vacations seem to give an added sense of stability and connection. And it's great if you can return to one place year after year." (p. 291)

Wherever you vacation, wherever you go for a change of pace and place, you must vacation! Whenever you vacation, whatever season or time of the year, you must vacation!

The tremendous stress relief from taking vacations will ensure to the benefit of your health and happiness. Leaving behind the pressures of the world is reason enough to go on vacation. Gaining all the pleasures of being on vacation definitely is worthwhile.

Anticipating your upcoming vacation is joyful and energizing. Reflecting back on vacations taken rekindles that enlivening spirit.

Once you have traveled someplace on vacation, having experienced it for real, from then on it is easy to travel back there in your mind, reliving your vacation through your treasured memories. When ice and snow are piling up during the cold of winter, you can rejoice in your memories of sitting by a lake in the warm summer sunshine.

There are vacation spots close enough to home to be easily reachable for the change of pace and place that will rejuvenate your mind, body and soul, yet far enough away from the hustle-bustle of the world to be the escape you need and desire. Find your special place and go on your vacation!

Vacations can go on and on for a long time. They can be a month or more, a couple of weeks, a week or several days. Three and four-day mini-vacations can be just as restorative as longer periods of time away. Even an overnight or weekend in a vacation environment can do wonders for you. There is nothing like a good night's sleep out in the country!

You owe it to yourself, your family, your life's work, and your God that created you, to take vacations. Remember, on the seventh day, God rested, setting a perfect example for all God's children to follow. Enjoy your vacations!

William S. Daniel