



# Be there

## Stay mindful on vacation

### Remind yourself to be fully present

So often, you go on vacation to break from your busy schedules and daily routines. But being on vacation can sometimes create more stress and chaos than peace of mind. That's why practicing mindfulness is key. Just remind yourself to be fully present. Soak in each and every moment — whether it's with your loved ones or just yourself. You'll make your time off more enjoyable. And more memorable, too.

### What is mindfulness?

It's paying full attention to what's happening with an attitude of openness and curiosity. Even on vacation, you could find yourself focusing on something in the past or in the future. Maybe it's something related to money or work. Mindfulness can be a powerful way to help you get back to where you are and what you're doing and feeling.



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# Tips for staying mindful

Give yourself the break you deserve. Practice these tips for staying present and mindful throughout your time off.



## **Ditch your devices**

Unplug and free yourself from emails and social media.



## **Have a real conversation**

Be fully engaged when speaking with someone.



## **Drop the “to-do” list**

Relax, let go of all expectations and keep it simple.



## **Make time to meditate**

Use this time to explore and create other healthy habits, too.



## **Tune in**

Be aware of the sights, sounds and smells of everything around you.



## **Focus on the positive**

Notice when you feel love, gratitude or joy, and linger in these moments.

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