



Work Smart Live Smart

Vanquishing Vacation Stress

By
Beverly Beuermann-King,
CSP, Stress and Wellness Specialist

One third of Canadians ages 25-44 consider themselves to be workaholics.

Statistics Canada

You may need a vacation when ... the only luggage that you are carrying are the bags under your eyes.

Beverly Beuermann-King, Holidays By Design workshop

You have one hour to get to the airport, but you find yourself still worrying about what clothes to pack and where you've hidden the sunscreen.

Stop worrying, start breathing, and focus on the next step. If you don't, you'll be running around like the proverbial 'chicken with your head cut off' and it'll only get worse.

Vacations are to be relaxing and rejuvenating, but having the expectation that this one will be your 'best vacation ever' can lead to further stress.

"There is no such thing as the perfect vacation", says Beverly Beuermann-King, stress and wellness expert for Work Smart Live Smart, who delivers stress workshops to company employees across the country.

"The first step is to pick and choose your activities wisely. Choose activities that meet with your particular goals. Is this vacation for relaxation, celebration or relationship renewal?"
"Ease into and out of vacation mode. There is nothing worse than a person returning from their vacation saying they need a vacation from their vacation", continues Beuermann-King

Don't abuse your body. Remember to get plenty of sleep and to eat in moderation. And don't abuse your wallet during your vacation. Going into debt for a vacation just adds to your stress load. There are some great on-line tools that can help you plan a great vacation that is still in-line with your budget.

Once on vacation don't forget to appreciate the quiet times.

"Most of us get so uptight that we forget to take time to focus on the beauty", says Beuermann-King. "Take the time to breathe deeply, laugh and nurture your soul."

Stress and wellness specialist, **Beverly Beuermann-King** translates current research and best practices information into a realistic, accessible and practical approach through her dynamic stress and wellness workshops, on-line articles, e-newsletters and media interviews and through a collaboration called *Awakening The Workplace*. Visit www.WorkSmartLiveSmart.com for more on Beverly and her wellness work.

©Articles available for reprint – please include source as Beverly Beuermann-King, www.WorkSmartLiveSmart.com

**Bring one of these related workshops to your team -
Thriving With Stress or
Harnessing Your Energy – Bust Your Stress or
Joy, Success And the Meaning Of Life**

Call Beverly at 705-786-0437 or
Visit **Presentations & Keynotes** at www.WorkSmartLiveSmart.com
for presentation descriptions and outlines.