

## 10 TIPS FOR MAKING EVERY DAY FEEL LIKE VACATION

*Contributed by Heidi Roth, RDN, CHHC*

What do you enjoy most about being on summer vacation? Perhaps it's being outside and enjoying the warm days and cool breezes, doing some fun things that are new and exciting, or maybe it's just relaxing with a good book. Most of all, it's a chance to forget your daily stresses and be in the moment with your loved ones, or even by yourself. Wouldn't it be wonderful if you could make every day feel a little more like vacation, even when you're still working your regular hours? It sounds like a dream, but with a few adjustments, you can bring that vacation vibe into your everyday life!

### 1. Start with a relaxing morning routine

Starting the day with a morning routine can go a long way towards making it a great day! Take advantage of the early morning light in summer to get up a little earlier and start the day with deliberate practices. Maybe you go for a longer walk in the morning, do some light stretching, and eat a healthy breakfast. How about using this time to work on a hobby or something creative?

### 2. Add fresh, delicious foods

One of the best things about vacation is the food! Take some time to make a simple, healthy meal for yourself. Visit a farmers' market. Buy that mango or some fresh raspberries. Try cooking new foods and recipes that may not be part of your routine.

### 3. Enjoy getting outside

No doubt about it, we feel better when we spend some time outside and it can significantly enhance our well-being. However, studies have shown that on average we spend 90% of our time inside! Make getting some more time outside a priority. Can you take a call or join a meeting while walking? Can you set up your laptop and work outside for a bit?

### 4. Practice mindfulness

Want that feeling of Zen and relaxation throughout the year? Mindfulness can create a mental state that is like being on vacation, where your stress is decreased. Practice "being in the moment" with a meditation app or video.

### 5. Savor small luxuries and beautiful things

No need to break the bank! Sometimes small luxuries can just be savoring the stuff we already have in our life, such as the first sip of a cup of coffee every morning. It might be something like a small bouquet, a candle, high-quality soap, or even just working by a window with a lovely view.

### 6. Make the most of non-work time

We tend to have more time than we think. Think about how many free hours you have during the day that may be lost to social media scrolling. Perhaps this time could be better spent. Use your weekends and evenings to schedule some fun activities, rather than only "catch-up on chores" time.

### 7. Get enough sleep

Don't wait for a vacation to catch up on your sleep! Make quality sleep a daily priority and the feeling of being well-rested will make each day a little more enjoyable.

### 8. Take mini-breaks

Scheduling in some mini-breaks throughout the day can help you relax, focus better, and increase creativity. Getting up and moving goes a surprisingly long way towards improving your health as well! Take a quick 5-minute walk around the block or do 5 minutes of stretching. Put a timer on your phone or schedule it in daily your calendar so that you remember to do it.





## 9. Explore

Studies show that novelty can bring about happiness and joy. Ask yourself, how can I be a tourist in my town? Maybe you try out a new restaurant, or a different walking path (All Trails is a great app that can help you discover some new trails close to you!). Make a list of all the events and spots you've been meaning to go to and start to put them on your calendar. Planning small adventures to look forward to will give us a little of the same anticipation and mood boost as planning a vacation will.

## 10. Create the feeling of vacation at home

Music has the power to change our moods and transport us to a different time and place. Play some of your favorite playlists - maybe Parisian Cafe music, steel drums, or Hawaiian music. Bring in some tropical plants. Enlarge, print, and frame some of your favorite vacation photos. Savor the memories of being on vacation and it can give you a little lift, even on the rainy days of your life.

One of my favorite things about vacation is treating myself to ice cream, daily if I'm honest! This incredibly easy "ice cream" is delicious - and healthy enough to enjoy every day, even when you're not on vacation.

### RECIPE CORNER: ONE INGREDIENT BANANA ICE CREAM

#### INGREDIENTS:

4 ripe bananas, peeled

#### PREPARATION:

Cut each banana into 3-4 pieces and place them in a freezer bag. Freeze until solid and very firm (about 5 hours depending on the size of the chunks and how cold your freezer is) Place the bananas in a food processor and whirl until smooth. Eat right away as is or refreeze in airtight container. Scoop and serve.

#### Delicious variations:

Add in one addition or a combo of:

- Cocoa powder
- Peanut butter
- Dash of vanilla
- Cinnamon
- Pecans
- Walnuts
- Mini chocolate chips
- Or try adding in extra frozen fruit such as strawberries, mango or raspberries.



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