

## Vacations: Pandemic-Style

Vacations can be a time away from work that allow you to recharge and return to both your work and life responsibilities more refreshed. They can be taken with your family, extended family, friends, by yourself, or they can be time to reconnect as a couple.

But when your office is in your home, and children have had school, child care routines and summer camps turned upside down, it can be difficult to conceive what "time off" means.

Here are a few steps to help plan some re-charge time - even during this pandemic.

1. **Clarify what's most important to you about taking a vacation.** What is your vacation vision? Check the boxes that align with your goals, or add your own ideas.

<input type="checkbox"/>	Relax and recharge	<input type="checkbox"/>	Disconnect from work
<input type="checkbox"/>	Connect as a family	<input type="checkbox"/>	Take a break from regular caregiving
<input type="checkbox"/>	Connect as a couple	<input type="checkbox"/>	Get a change of scenery
<input type="checkbox"/>	Gather with extended family/friends	<input type="checkbox"/>	Pursue activities you enjoy
<input type="checkbox"/>	Experience something new	<input type="checkbox"/>	Learn more about a new place
<input type="checkbox"/>		<input type="checkbox"/>	

2. **Determine how much time you have and how you want to use it.** Do you want to take a block of days off even if it's not to your dream destination? Would a stay-cation or a series of 3 or 4-day weekend getaways feel best?
3. **Think out-of-the-box!** Knowing what you'd like to experience, what you can realistically achieve, and how long you have to do so, might help you brainstorm a new type of vacation.

What obstacles are getting in your way? For example, an uncertain economy may make it feel hard to plan time away from work, but hopefully not impossible.

4. **Consider what requirements you have for feeling safe and staying healthy.** What level of social-distancing feels right? How can you make hotel stays or rest-stops on road trips feel more comfortable?
5. **Make the most of your re-charge time - be intentional and specific about disconnecting from work.** What steps can you take to completely disconnect? If you need to check in, can you limit it to a specific time? Can you define what an emergency is, and how someone should get in touch with you?