GETTING AWAY....

The proven benefits of take time to get away

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Everyone likes the 'sound' of "Getting Away". Somewhere warm, participating in something adventurous, going somewhere quiet and serene, or embracing something yet unknown; It sounds good, doesn't it? The fact is, there is a true benefit in getting away. Taking a break from the stressfulness of life can and does have both physiological and psychological value.

Working in almost any industry you will face some form of stress. Even if you love your job. Facing the craziness at work can pile up. You may be able to relate to any of these scenarios; a lost client's file, the till being short, having to do overtime because of a deadline, or having to face customers who find it part of their routine to insult you; sound familiar?

What about life in general? The loss of a loved one, the kids moving away, or shoveling the driveway only to turn around and find another inch of snow already accumulated. Life can be great and, in most cases, wonderful. The pressure of responsibility and life in general can be pressing. It's time to consider Getting Away.

Money may be an issue, or is it an excuse? Vacations range greatly in cost, that is true. A cruise, a sunset beach with white sand, a tropical paradise, or even a safari; all of these would be wonderful vacations. Depending on which you liked best, you may need to do some browsing to find the most suitable plan for your budget.

There's also the benefit of managing a nice get-away on a budget. Rent someone's cottage or trailer, stay in a clean, but affordable B&B or motel in a tiny town off the mainstream. Cozy towns can offer some great reprieve for the weary soul.

It's not in the "where you go" or "how much you spend" that will make or break your time of rest and relaxation; it's in the reset. Get in touch with your soul again. Clear the mind. Or spend some much-needed time with your family. Regardless of your venture, the breakaway will give you a refreshed outlook.

Evidences have shown that those who take time to get away are able to reduce their stress levels, lower their risk of heart disease or stroke, and overall find new motivations to succeed in their personal goals, work goals, and strengthened relationships.

Getting away sounds amazing, but the benefits are even greater. Take the time to plan a reset in your life and see where life can take you. You owe it to yourself and to the ones you love.