

The Importance of Vacations

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There are many reasons why vacations are so important and the fact is that everyone needs them. It doesn't matter if you take a stay-cation or if you end up traveling to exotic places just take one!

Vacations should be a break from work. Work should not be taken with us, this is our time to concentrate on ourselves and help us get back to feeling our best. Take the cell if you must but only check it once a day....for emergencies!

Vacations can help promote creativity, keep us healthy, protect us from burnout and strengthen ties with family and friends. Many articles suggest that vacations also increase job performance and decrease stress at work even weeks after it is over.

There are unlimited ideas for vacations from a massage which is a great mini break to your dream trip.

They can be active like hiking the west coast trail, kayaking through the Broken Islands, kite surfing in the Dominican or biking through Bhutan. We are lucky because we don't even have to go that far to get out of the city. There are so many hiking, biking or walking trails at our disposal right here in Alberta.

Vacations can also be relaxing like sitting on a beach in Thailand, taking a cruise to the Caribbean, going on a wine tour in the Okanagan, having a day at the spa or just taking in the rays in the back yard.

There is always another deadline around the corner, another shift to pick up and another patient. How do we take care of others if we don't know how to take care of ourselves? With Nursing shortages and new government strategies to open more OR's and hospital beds in the few years to come we will definitely need a break.

Start your planning now - take a vacation!