

Embrace the Hygge Holiday: A Staycation Experience

Imagine a different kind of holiday experience this season – a staycation, or holistay for our European friends. Stay close to home and immerse yourself in the cozy embrace of hygge. Redefine "vacation" as a much-needed respite from your busy routine. It's an opportunity to create lasting memories, explore new facets of your own environment, try novel experiences, and reconnect with nature, yourself, and loved ones. As long as you find happiness, relaxation, and enjoyment, you're on vacation!



How to Cultivate Hygge in Your Staycation

1. **Craft a Local "Bucket List":** Plan for each day, blending variety with the chance for spontaneity to blossom.
2. **Create a Vision Board:** Draw inspiration for each day of your staycation.
3. **Feed Your Mind:** Studies suggest that learning new things and experiencing the unfamiliar can boost brain health. Engaging your mind in new ways can enhance cognitive functions and reduce the risk of cognitive decline.
4. **Ask Yourself:** What do I need to nourish myself today?

20 Hygge Staycation Ideas

1. Savor new local eateries.
2. Try your hand at skewer recipes.
3. Immerse yourself in nature.
4. Set up an outdoor movie night.
5. Discover a new hobby.
6. Tackle long-standing projects and goals.
7. Explore museums.
8. Attend a local sports event.
9. Enjoy luxurious sleep-ins.
10. Recharge with restful naps.
11. Dive into a vacation-inspired book.
12. Have a movie marathon.
13. Visit a nearby farm or farmer's market.
14. Volunteer in your community.
15. Tackle puzzles.
16. Explore your artistic side with paint-by-numbers.
17. Have an indoor picnic.
18. Create an indoor glamping adventure.
19. Indulge in delivered dinners.
20. Infuse your water with refreshing fruit slices.

Staycation Benefits

- Cost-effective.
- Eliminates travel stress and time.
- Maximizes quality leisure time.
- No jet lag.
- Ideal for short breaks.
- No need for housesitting or pet care.
- Supports the local economy.
- Rediscover your own city like a tourist.
- Feel refreshed and revitalized.
- Blend leisure with home improvement projects.

Why Breaks are Essential

Stress Reduction: Scientific studies reveal a decrease in stress levels leading up to and during planned time off. The positive effects can last up to 45 days post-vacation.

Enhanced Physical Well-being: Regular breaks have a substantial positive impact on health markers. They can combat metabolic syndrome, a group of conditions that affect heart health.

Combat Burnout: Burnout, a syndrome stemming from chronic workplace stress, can be alleviated by taking breaks. Reset, recharge, and re-enter your work life with a fresh perspective.

Unleash the magic of a hygge staycation this holiday season. Rediscover the comfort and joy in your own surroundings while nurturing your well-being and creating cherished memories.

**For more information, tools, resources—call your
Life Advisor Employee Assistance Program!**



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counseling for you & your family.
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