

# WELLNESS TIPS FOR STAYCATIONING

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## COOK

A staycation is a great time to explore new recipes and focus on making the time to cook for yourself. Not only can cooking be relaxing, you'll also get to try new foods without dining out every night like you might on a traditional vacation.

Make your ingredients list at the beginning of the week, knock out your shopping and you'll be good to go for each evening's meal.

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## ATTEND

Self-care is a must and during a pandemic staycation, you might be feeling a little neglected when it comes to yourself.

Attend to your needs by giving yourself a mani/pedi one evening. Follow that up with an evening of facials, and then don't forget about decompressing with a nice, hot bubble bath one evening. Stock up on supplies before the week begins, and pamper yourself throughout the week.

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## READ

We live in a digital world of streaming videos and TV shows on demand and it's all too easy to get caught up in binge-watching the latest popular show.

For your staycation, give your brain a boost with a good book and turn off the TV screens for a much-needed restful break.

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## ENVIRONMENT

Get outside and explore your own yard, or patio. Reconnect a little with nature and your personal environment by planning an outdoor project you might be putting on the back burner.

Fresh air and playing in the dirt can do wonders for your soul.