



BE VERDANT

# SUPPLEMENTAL GUIDE

## Episode 21: Fading Fast

### 5 Ways to Keep Your Vacation Benefits from Fading

1. **Write it Out:** Make sure to take a notebook or journal while on your break and take the time every day to reflect on your experience and capture those special moments. Writing is a great way to practice mindfulness, deepen your experience, and revisit your vacation when the stresses of returning start to rise.
2. **Get Kitsch:** Buy yourself a memento you can place nearby when you return. You can grab something kitschy from the souvenir shop or do something inexpensive, like sand from the beach, a favorite stone you find on a hike, or a receipt from the best meal you had. Just find something that you can focus on when you start to fade back home.
3. **Snap Away:** Document your experience through photos... and not the fake ones for social media. Capture the sky during a pleasant moment, a leaf from a relaxing walk, a toy from a little one, or anything that will remind you of the sweetness of self-care. Once home, place your favorite photo someplace special, such as a screen saver, printed and framed at work, or converted to a mug or key chain.
4. **Transition Time:** Give yourself time after you return from a trip to transition back and prepare for going back to your pre-vacation life. Take time to get groceries, get organized, and settle in so you can ease back slowly.
5. **Give Yourself a Break:** Avoid bogging yourself down with any "should" language about feeling relaxed after a vacation or setting unrealistic expectations about maintaining this recovery permanently. Accept that the process of coming back to work after a vacation can be stressful, appreciate that you took the time to refresh, and show yourself compassion as you ease back into your normal life.

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