



TRAVEL TIPS

Avoid Those Post Vacation Blues

by Suzi LeVine, travel expert

(NAPSA)—Relaxed and ready to take on the daily grind after an enjoyable vacation. It usually doesn't take long before your "to-do" list grows exponentially once back at the office and the stress meter reaches the max. So, what exactly is the trick to keeping the benefits of a vacation alive once you've returned from the sun and sand? Travel expert Suzi LeVine of Expedia.com offers tips for retaining your vacation value once you are back to the nine-to-five.



1. Send yourself a postcard to help stir up relaxing images from your getaway.

2. Return home at least one full day before going back to work to help ease into your routine.

3. Set realistic expectations on how many deliverables are possible upon return.

4. Take time to take a step back and look at the big picture—there are very few times when your brain is so lucid, so take advantage of it.

5. Breathe deeply and stretch frequently.

6. And last, but not least—shake out your shoulders so that they don't start to quickly creep back up.