



## SUMMER VACATIONS!

Summer vacations are a cherished time for families to reconnect and unwind. But while we often envision perfect bonding moments and total relaxation, high expectations can sometimes lead to stress, frustration, or even feelings of disappointment. By setting realistic goals and preparing for the inevitable ups and downs, your family getaway can be enjoyable, meaningful, and truly restorative. Discover practical tips to help make your vacation feel energizing – not exhausting.

## FAMILY TRAVEL TIPS

- Let Go of Perfection. Not every moment will be magical – and that’s okay. Focus on connection, not perfection.
- Schedule Downtime. Make space for rest in your itinerary, especially for younger children who may get overstimulated.
- Involve Older Kids in Planning. Give them a say in activities or meals – it builds excitement and cooperation.
- Talk Through the “What Ifs.” Discuss how your family can stay flexible if plans change due to weather, delays, or mood shifts.
- Create Space for Solo Time. Recognize that some family members may need quiet time to recharge – and that’s healthy.
- Practice Daily Gratitude. Take a moment each day to share something you enjoyed or appreciated. It helps reset the tone and builds positive memories.



## GET IN TOUCH!

# IKIGAI?

Ikigai is a Japanese concept that roughly translates to "a reason for being" or "a reason to wake up in the morning."

The Four Elements of Ikigai:

1. What you love - your passion and joy.
2. What you're good at - your strengths and talents.
3. What the world needs - purpose and contribution.
4. What you can be paid for - profession and livelihood.

When these four areas overlap, you find your ikigai – a meaningful life path that brings both satisfaction and fulfillment.

Why It Matters:

- People who have a clear sense of ikigai often report greater well-being, motivation, and even longer life expectancy.
- It encourages balance, purpose, and intentional living, rather than chasing success or happiness in isolation.

