

Spring Break 2023

Vacation or Staycation?

Well-Being Programming with RecWell

Vacation Time! Staying safe, engaged, & healthy as you travel to a new place!

Stay hydrated:

*always consult a doctor before changing your health routine or habits

- Our bodies are approximately 60% water. If we are dehydrated, it can have an adverse effect on our energy, digestion, and immunity
- Tips to maintain your water intake or to drink more!
 - Have a water bottle near you for a visual reminder to drink
 - Drink a glass or two when you wake up & before meals
 - Eat more fruits & veggies, as they have a high water content!
 - Cantaloupe, strawberries, watermelon
 - Lettuce, celery, cabbage, cooked squash
 - Add fruit to water, for a boost of flavor
 - Cucumber & mint
 - Ginger and basil
 - Lemon & lime

(Migala, 2020)

Sun-Protection:

For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) number on the label.

 <p>Make sure to apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing.</p>	 <p>Reapply sunscreen every two hours when outdoors, or after swimming or sweating.</p>	 <p>Don't forget your feet! When wearing sandals, flip-flops, or going barefoot, apply sunscreen to all exposed skin.</p>
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To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](https://www.spotSkinCancer.org).

 **spot skin cancer**

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(What to Wear to Protect Your Skin from the Sun, n.d.)

Safety when visiting a new place:

- If you are traveling alone or with a friend, always know how you can contact someone when you are in an unfamiliar place
 - Does your phone have roaming capabilities?
 - Purchase international SIM card or rent/buy a phone upon arrival
- Inform family or friends back home of your daily itinerary, especially if going hiking or into the great outdoors
 - If hiking, inform someone of your route and keep to the route
- Lock passport in a hotel safe, and keep only a copy of the details with you



- Keep some money and credit cards with you, and others in a separate area or locked way
 - Know local emergency numbers, and read information on specific customs, dress, and etiquette for the culture
 - Talk to locals regarding neighborhoods to avoid, especially at night
 - Know if these areas are of a concern:
 - Drinking water
 - Local insects, animals, spiders, etc.
 - Safety of local transportation
 - Please use common sense; keep your eyes up, look for safety exits in areas, and always plan ahead!
- (Flippin, 2013)
- Helpful to bring a first aid kit, portable battery charger, approved locks, day-pack, and a whistle or safety alarm!

Breezy, beachy fun in the sun:

Look for dolphins	Go play, ride, & eat on the boardwalk	Play frisbee	Go hiking – local lighthouse or nature trail?
Have a picnic	Write messages in the sand	Read magazines or books in the park or by the water	Window shop at unique seaside boutiques
Surf	Write poetry about the ocean	Hula hoop	Look for seashells
Build a sandcastle	Have photo contest with friends or family	Catch up on phone calls to loved ones	Daydream & watch clouds float by

(Vercillo, 2019)

If you are not traveling away from home, you can enjoy some...

Staycation Relaxation!

Staying safe, engaged, & healthy as you have fun in your familiar space!



Make your space a paradise:

What is your favorite vacation spot? What does it feel, smell, sound, and look like? Plan your space around this!

- Make sure you maintain the purpose of one area separate from another
 - Have your bed only for rest and sleep; do not eat food there or complete computer work
- Add plants to your home space, in order to facilitate relaxation & improved air quality
- Adding a small tabletop fountain allows you to smell, see, and hear the soothing sounds of trickling water
- Colors can affect emotions!
 - Liven up and energize your space with blankets, pillows, or artwork that uses warmer tones, such as reds, oranges, pinks, and yellows
 - Use blues and greens to facilitate a mellow and calm space
- Keep your space clean & tidy

(10 Ways to Turn Your Home into an Indoor Paradise, 2019)

Managing stress at home:

- Being with family members again can be stressful. Knowing your stress management techniques is important! Here are a few tips that may work for you:
 - Make space for meaningful activity: read a book, sit on the porch swing, enjoy a family game or outing, and cherish a cup of tea or coffee.
 - Practice deep-breathing or mindfulness
 - “I am breathing in, I am breathing out”
 - Rest up! Get enough sleep over this break. Rest and recharge.
 - “conserve your energy for things you can control”
 - Develop and utilize your personal support system. Talk about your feelings with trusted family or friends! Stay connected through in-person or video calls
 - If you need professional help, seek assistance from a primary care provider or mental health professional.
 - How do you feel physically and mentally when stressed? Examples: being short-tempered or forgetful. Take note of these cues in yourself and others

(Tiret & Knurek, 2020)

- May assist in getting ahead of escalating situations
 - as you note cues, you can engage in your stress management techniques to calm, soothe, and re-check your body, heart, & mind
- Keep moving! Look at TCNJ’s [“Play & Move” website link](#)
 - Scroll down to “Resources to support your Recreation and Wellness”
 - Access to free fitness links, free trials, and other wellness & well-being resources

Maintaining healthy eating:

- Always ask your primary care physician before making changes to your diet
- Include a variety of food from the major food groups
 - Fruits
 - Veggies
 - Whole grains
 - Low-fat dairy products & lean protein
 - Nuts, seeds, beans, and other legumes too



(Healthy Diets, 2021)

- Stay hydrated! (see “vacation” section for information on hydration)
- Find local stores that sell items within your budget and lifestyle. Such stores like Aldi’s tend to have various fresh fruits and vegetables for cheaper prices than regular stores like Giant or Wegman’s
 - Opt for the store brand, as these tend to be cheaper than other name brands
- Portions matter! Take a look below & more information on [MyPlate Here](#)
 - “A healthy eating routine is important at every stage of life and can have positive effects that add up over time.”

(What Is MyPlate?, n.d.)



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