

#weallneedabreak



#weallneedabreak

I promise that I'm not on any commission from a tour company for saying this, but holidays are important and you should prioritise having one if you can. Yes, I know it's a bit more complicated this year, and many of the plans you did have, have been thwarted, but having time out from your everyday is really important for our wellbeing. For anyone working in and around education, not getting a holiday over the summer will make the already long term up until Christmas, especially hard. So if you can get away, even for a few days, do.

If you can't for practical, medical or financial reasons, we're here to help by providing some ideas for taking a break without needing to pack your bucket and spade. Even if you do get to go away, you might find the ideas useful as well.

When I asked a few friends what they thought they'd be missing out on if they didn't get to go away, these were some of their responses: a shift of pace, treats, uninterrupted time with family/friends, a change of scene, adventure. When we talk about wellbeing, we often use the Wellbeing Triangle as a framework. The Wellbeing Triangle talks about us needing connection with self, others and 'Other'. Maybe you can see how the things people talked about fit into these categories.

We've produced some resources to help you connect with self, others and 'Other' that might help to fulfil some of the functions a holiday might normally do. All will involve a bit of your time, some will involve a bit of creativity. We hope you can journey with us and that using the resources give you a sense of refreshment. Do share your experiences with us on social media using **#weallneedabreak**

'Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.'

Ralph Marston



PLANNING YOUR NON-HOLIDAY HOLIDAY

Our values fuel our behaviour. This can be consciously or unconsciously. Our values will have been formed by our upbringing, culture, and experiences. Our values will be apparent in the types of holidays we normally take. Some people really value active holidays whilst others value been able to stop and just be. Some people value new experiences whilst others really value familiarity. Holidays are often a chance to connect back with our values as they release us from the demands of everyday life. It's important that a holiday (or non-holiday-holiday) is planned with these in mind.

As you plan your non-holiday-holiday, take some time to consider what normally fuels your holiday choices. What do you normally aim to get from a break? What will you not get by not getting a break? What are the other ways of getting these things, even if in a smaller dose than normal?

We'll be sharing some ideas about how to 'holiday' without going away, but it's important to note that whatever you do, pace and space are both different on holiday. You'll need to consider ways to make these feel different for the duration of your 'holiday'...

PACE

A key component to any holiday is a break from the norm. Holidays are often most 'effective' because they give a longer than normal break from the norm. So consider whether there are a few days or even a week which you intentionally set aside as your holiday time. Even if you're not going away, a starting point is having a stretch of time which you make feel different. Create time on these days by waking up without your alarm, covering up the clocks and putting away your phone. Chose a more relaxed pace.

SPACE

Another key component is a change of scene. How can you make home feel different? You'll probably have seen pictures on social media of families camping in the garden. Maybe you can swop bedrooms for a few nights? Maybe change the layout of the living room or hang some temporary pictures. Shut away any work paraphernalia. It may even be possible to swop houses with a friend? If it's possible, plan some consecutive days out to nearby beauty spots; even a drive will give you a change of scene.

These are the starting point for your break. In the rest of this download, we'll share some ideas of how to connect with self, others and 'Other' during your holiday.

Tell us about your holiday plans on social media using **#weallneedabreak**

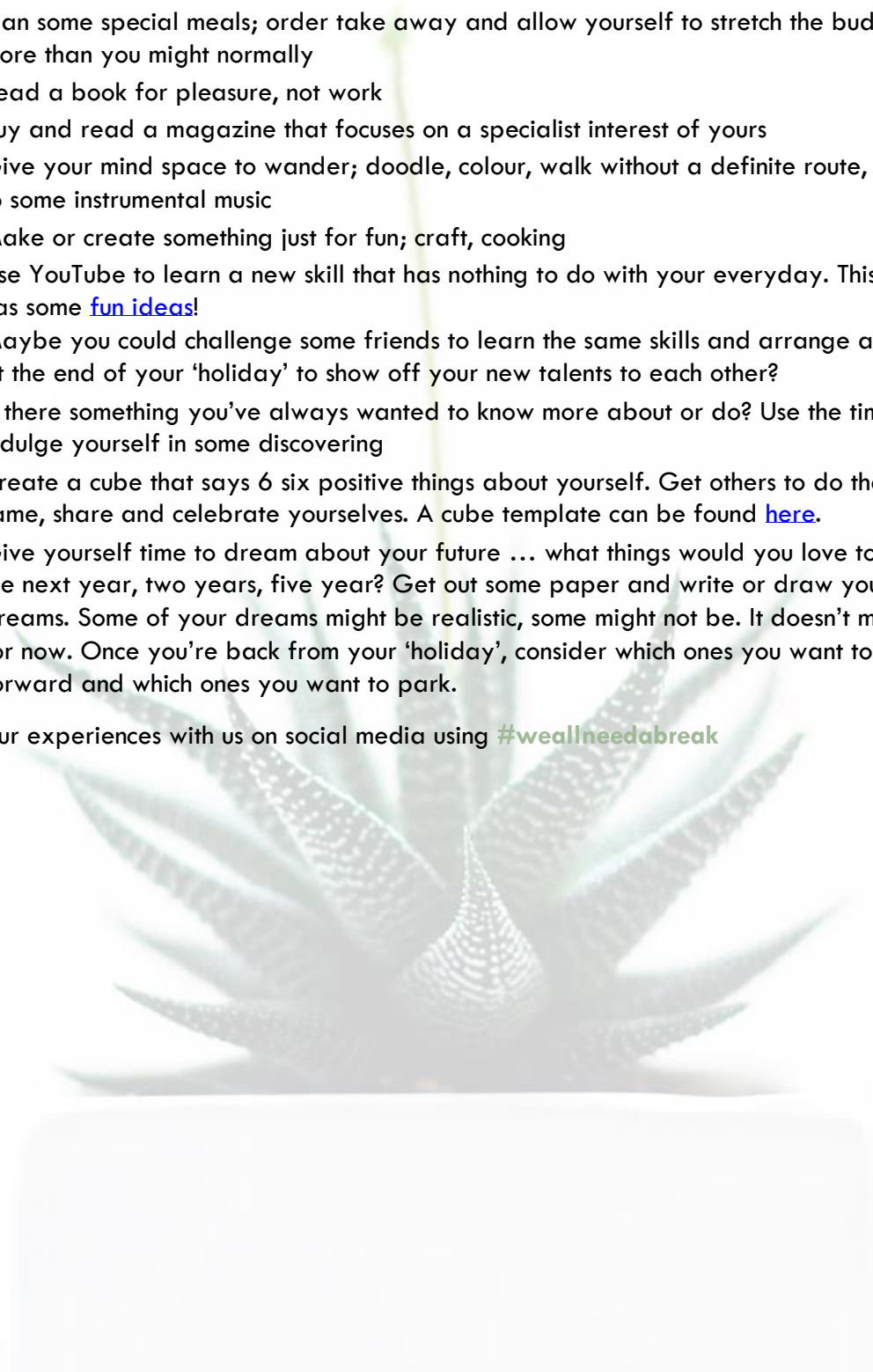
CONNECTION WITH SELF

Holidays can release us from some of the obligations that normal life places upon us and give us a chance to connect in with what truly makes us tick. Make sure your holiday isn't interrupted by anything that you wouldn't normally be interrupted by if you were away. Unplug the landline, take email off your smartphone or better still put your smartphone away. Don't attend to any post that arrives and release yourself from any home maintenance to do lists.

Now you're ready to do things that indulge yourself:

- Plan some special meals; order take away and allow yourself to stretch the budget more than you might normally
- Read a book for pleasure, not work
- Buy and read a magazine that focuses on a specialist interest of yours
- Give your mind space to wander; doodle, colour, walk without a definite route, listen to some instrumental music
- Make or create something just for fun; craft, cooking
- Use YouTube to learn a new skill that has nothing to do with your everyday. This guy has some [fun ideas!](#)
Maybe you could challenge some friends to learn the same skills and arrange a time at the end of your 'holiday' to show off your new talents to each other?
- Is there something you've always wanted to know more about or do? Use the time to indulge yourself in some discovering
- Create a cube that says 6 six positive things about yourself. Get others to do the same, share and celebrate yourselves. A cube template can be found [here](#).
- Give yourself time to dream about your future ... what things would you love to do in the next year, two years, five year? Get out some paper and write or draw your dreams. Some of your dreams might be realistic, some might not be. It doesn't matter for now. Once you're back from your 'holiday', consider which ones you want to take forward and which ones you want to park.

Share your experiences with us on social media using [#weallneedabreak](#)



CONNECTION WITH OTHERS

Holidays are often about spending extended time with friends and family. This more focussed time deepens our sense of connection with one another. Some people will want their 'holiday' to give more focussed time with their immediate family, whilst others will want their holiday to be an opportunity to connect more with people they don't see so often. Holidays are free from the normal time constraints of everyday life and this gives us the opportunity to enjoy the company of other people more.

Consider how you can remove some of the things that would stop you from spending that more concentrated time with people. Maybe pause contact with some people who you wouldn't normally have contact with whilst on holiday, in order to focus spending time with those you want to 'holiday' with. Consider ditching or limiting devices, and make sure you protect the diary from any non-essential appointments.

Here's some things you could do with others whilst on 'holiday' with them:

- Plan to do a fun project together; the less point to the project, the better. This is fun for funs sake! You could teach each other a new skill, all learn to juggle, learn and perform together the whole of Bohemian Rhapsody, make a short film, make cardboard cut outs of each other by drawing around yourselves on large pieces of cardboard, go on a scavenger hunt out in nature or a photo hunt around a more urban area. This stuff isn't just for kids, but for anyone who is able to let their inner kid come out to play!
- Watch classic films together
- Look through family pictures from previous holidays; maybe get dressed up as if you're on holiday and get the photos onto your TV screen
- Go on a night walk
- Play board games
- Plant some stuff!
- Drive and explore somewhere further afield

Maybe you're not able to be with those you'd like to holiday with. Here are some alternatives:

- Write a long letter to them instead
- Arrange a time for an extended phone/video call
- Send postcards to say hi to a few people you've not seen for a while. There are a few apps that allow you to get 45 free photos a month (search free prints on your app store). Use these as postcards.
- Map your friendships using a [friendship map](#) and then think of 3 things that you're grateful for about each friend on the map. Consider how you will communicate your appreciation with them over the coming few weeks.

Share your experiences with us on social media using [#weallneedabreak](#)

A little nonsense
now and then, is
cherished by the
wisest men.'

Roald Dahl

CONNECTION WITH 'OTHER'

Holidays are an opportunity to gain some perspective by stepping out of the everyday. This perspective is so good for our wellbeing. Holidays often provide new or different things for us to look at and be inspired by.

Connecting with 'Other' this 'holiday' will need us to find new or different things to look at; things that cause us to notice the beauty of the world we live in, things that help us to see more than the everyday and ordinary.

Below are some things you could do to connect with a sense of 'Other', but they will be best experienced when you take time to slow down to really look and not just glance. If you can find a way of *responding* to these experiences, it will help you to engage all the more with them. Consider drawing, writing, photographing, painting, sculpting, dancing, collaging your experience.

- Go for a long drive in the countryside
- Go for a long walk in the woods, around a reservoir, in the hills
- Stay up late or get up early and star gaze. Take your time. There are various stargazing apps that help you to plot planets and stars
- Visit an art gallery and linger
- Watch a nature programme
- Go on virtual tour of somewhere else in the world; Machu Pichu, Zion National Park or the Hoover Dam are all available to 'walk around' at <https://www.youvisit.com/travel>

Don't forget to share your experiences on social media using **#weallneedabreak**

