



CIGNA Behavioral Health

The Importance of Vacations



A change of pace is essential to help you relax and balance the multiple demands in your life. Vacations with or without the kids let you recharge your batteries so you can put your best energies into your job as a parent and an employee.

Sometimes a vacation alone with your spouse is just what you need. This is especially true for families experiencing crises or major changes. For example, if you and your spouse are the parents of a rebellious teenager, you may not want to leave home unless trusted friends or relatives are available as caregivers. But a weekend away from teen turmoil may be just what you need to put your child's behavior into perspective and gain some peace of mind.

Family vacations also offer many rewards and a wide variety of ways to have fun. Independent family trips, by car, boat, train or plane, allow your family to discover new sights, landscapes and cultures together. The excitement of exploring an unknown place can create a special feeling of family pride and adventure.

Before you travel, gauge your children's stamina and need for meals. On car and train trips, plan activities that involve kids in the sights and sounds along the way. Play games and bring coloring and story books that describe the places you plan to visit.

Camping is another fun option for families. Kids love the adventure of setting up housekeeping outdoors and sleeping under the stars. You can experience the great outdoors in a variety of ways, from car camping to backpacking. If you prefer the comfort of a bed and four walls, many state and national parks rent cabins, with and without kitchen facilities.

For parents who want a structured vacation, many resorts now have accommodations for children, including special activities, such as arts and crafts, sports and drama and music groups.

Wherever you go and however you choose to travel, have a great time. The sense of relaxation and rejuvenation you'll gain from your vacation will strengthen family relationships for years to come.