

Can we vacate without going on a vacation?

The definition of the work vacate is: To empty out an area. To leave a place that you were occupying.

When we go on vacation. We are allowing ourselves to not only leave a familiar location but also the responsibilities, work and everyday living challenges that come with that place.

So we go to a new location, a different place where the everyday responsibilities do not exist..

Why do people come back from vacations feelings refreshed, renewed and recharged to begin their life anew? I believe it's because they have internally emptied out their minds. The thoughts, fears and stressors that came along with their 'responsible life' are now non-existent when they are on vacation.

Similarly, some people after they finally find their lost phone after panicking and searching everywhere for it; also report that it felt actually like a relief to not have the phone for awhile.

Why am I writing about this? Is it because I am now a travel agent and I want you to book a trip? No, it's because I am suggesting that it would be good for you to find some ways to allow your mind to vacate some of the things going around in there. Ideally, we don't have to wait a year to go on a trip to feel refreshed and renewed.

I believe there are some ways we can allow our brains to get rebooted while we are not on vacation.

Some of these strategies might be to journal thoughts and feelings often and even daily. Do this in an unfiltered way. You don't have to worry about someone reading what you are writing. Journaling is very powerful to not only unload thoughts and feelings that bog us down but it also provides much revealing of what is going on within our minds and heart. We may not like what we write and read but eventually hopefully we accept there are all types of thoughts going through us and we can't control everything that comes into our head. However, we can control what we allow our minds to stay focused on.

Another skill is to practice breathing exercises taking a deep breathe, holding it for a few seconds and then slowly letting it out. There are many breathing techniques online to research also, Of course, another way to allow our mind to be vacated is find some we can trust to talk to. In this case, we would be letting that which occupies us out as well.

Other ideas are to use prayer to release worries, concerns as well as express gratitude. Our goal in emptying our minds is not necessarily to focus only on negative things we want to release but also to identify and express positive thoughts, goals and experiences.

Music, nature, exercise, reflective reading, hobbies and activities that allow us to chill or relax better need to be incorporated into our daily and weekly schedule. Of course, limiting technology as much as possible is mandatory too if we want our minds and hearts to be clearer and more at peace.

I think when our mind gets emptied out; it gets rebooted and has a much more easy going flow to it. I think in this relaxed state, we don't try to control so many things anymore, but we live in a more peaceful flow.

Sounds good? Try some of the suggestions above as well as spend some time seeing what connects with you the best to bring some tranquility in your being.

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