

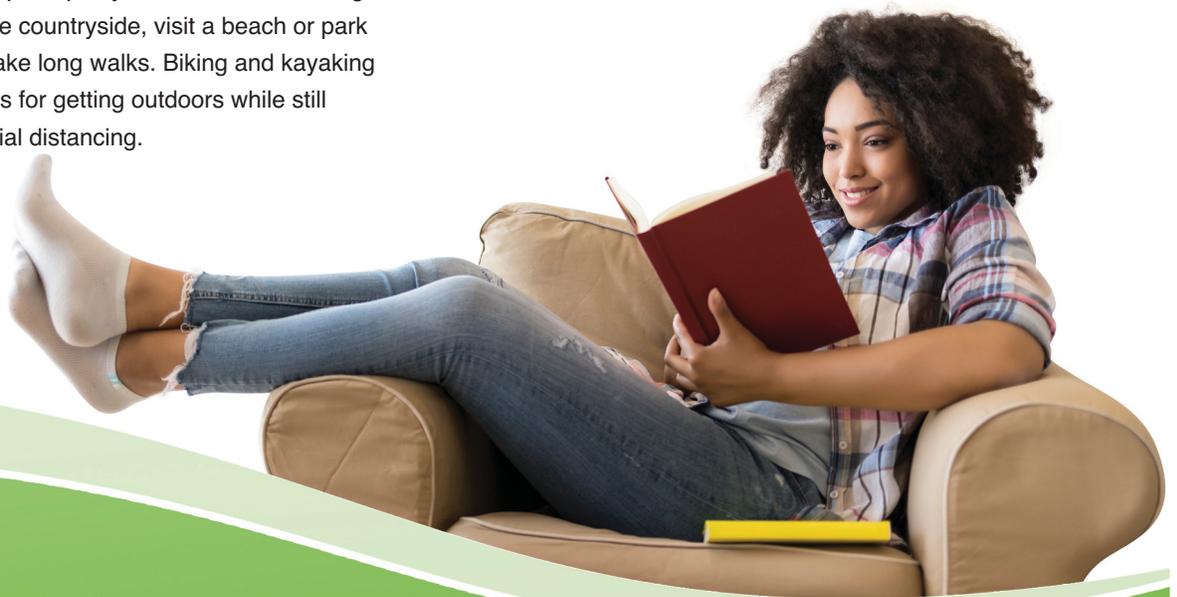
Staycation Summer Fun

Many people are rethinking their vacation plans this summer. If you've decided to opt out of a resort stay or road trip, these tips may help make the most of your down time:

- ▶ **Camp on your lawn.** Camping doesn't have to involve travel. If you have a big enough backyard, you can simply set up tents on your lawn. Plus, camping at home, in familiar surroundings, is a great way to introduce younger children to the experience.
- ▶ **Turn ordinary games into a special event.** Make playtime special by teaming up for a backyard Olympics! You could also extend the competition to non-outdoor activities like board or video games.
- ▶ **Pick a project.** Have you been wanting to paint a bedroom, catch up with your reading, write a novel, or experiment with some new recipes? A staycation is a great time to focus on projects you don't have time for during a normal week.
- ▶ **Explore.** Staying close to home doesn't mean you have to stay cooped up in your house. Take a long drive through the countryside, visit a beach or park in your city, or take long walks. Biking and kayaking are other options for getting outdoors while still maintaining social distancing.

- ▶ **Splurge.** If you can't spend the cash you set aside for travel, spend it on a "wish list" item. Treat yourself to that new computer, gaming system, or long-delayed house project. Make sure you stay within your vacation budget.
- ▶ **Set goals.** The COVID-19 pandemic has up-ended a lot of plans, but it has also created new opportunities. A staycation will give you time to think about what challenges you might want to take on in the future. It's also a good opportunity to rethink your current goals and consider if they still meet your needs.
- ▶ **Budget for next year.** Having a low-cost vacation this year means that you will have more money to put toward next year's travel plans. This may be an opportunity to plan a "bucket list" trip for 2021 or 2022.

For more ideas on how to make a solo or family staycation a positive experience, call LifeMatters 24/7/365.



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