



MONEY & LIFE SKILLS

financial capability made easy



Holidays

How to rest?

In today's busy world, many of us either do not have much time to relax or do not fully in healthy way use this time. However, for our mental and physical health, it is necessary to rest and regenerate forces that restore the balance to our body.

And how does it look like in your case? Check if you can rest by completing the **TEST** below¹.

LP.	Statement	Do you agree with it?		
		YES	NO	DON'T KNOW
1.	I dream of a real rest, because there was no time for it for a long time.			
2.	I think that the most important thing for me during the holidays is total relaxation, without a program for tomorrow - this is how I really rest the best.			
3.	Actually, I use my vacation for the good of my family and children, and not for myself, because I have so much overdue work that it's hard to talk.			
4.	In the past, I rested for two / three days on vacation, and then it was a nightmare. Now I rest for a week and only then I start to get bored.			
5.	My preparations for the relaxation are primarily a little organization and a lot, a lot of "condensed" joy.			
6.	I like holidays, but when I think about packing, traveling, heat, etc. I don't want any rest and for two days I have vacation out of my head.			
7.	I believe that a plan, some books, neighborhoods guidebooks or city guidebooks where we will be, it is half of a successful holiday.			
8.	I can plan vacation for myself and my family so that we are not dependent on the weather.			
9.	I have already learned this - to divide always my time on vacation – some for my family and some for myself. Moreover, I can follow it.			
10.	I am in favor of such holidays to have a good time, do as less as possible, relax, sleep, eat, drink and have fun as it used to be during the Romans.			

CALCULATION OF RESULTS:

For each affirmative answer (**YES**) to phrases number 1, 4, 7, 8, 9 and negative answer (**NO**) to phrases number 2, 3, 5, 6, 10 - give yourself **10 points**.

Give yourself **5 points** for the answer **DO NOT KNOW**.

Calculate the sum of all points.

¹ The test with the analysis of the results comes from the website Centrum Twojego Zdrowia:
<https://centrumtwojegozdrowia.pl/spawdz-czy-potrafisz-wypoczywac/>





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ANALYSIS OF THE RESULTS:

More than 60 points: You can be congratulated. You have all the predispositions for fully effective rest. You can manage your free time well and equip yourself and your family with all the right accessories for relaxation, especially joy and a positive attitude.

35-60 points: this means you are on the right track to learning relaxation skills. It is good to see that relaxing and resting sometimes takes a little effort. This rule seems a bit strange to you.

5-30 points: you can feel sorry for you. And your family. But remember that man learns throughout life - so you still have so much ahead of you. However remember, that in order to be able to learn something about these things that seem obvious to everyone, it is good to realize that sometimes the obvious is the greatest delusion even of the wisest man. This vacation can be a success for you!

The vacation is already planned, departure is just around the corner, so now you should take care to have a good rest during this vacation.

Here are some tips to help you with this:

1. Before holidays:

- plan your last week,
- organize your professional affairs, provide relevant information and important tasks to colleagues,
- organize your private sphere,
- don't over schedule it,
- don't expect anything.

2. On vacation:

- enjoy the pleasure, enjoy the free time,
- focus on the positives,
- be flexible,
- don't force yourself,
- don't take work with you,
- cut off the phone, computer.

3. After returning:

- do not plan important meetings or difficult matters right away,
- take some time for yourself.

