

Dr. Judit Szilágyi – Tamás Schieszler:

## Are you unhappy on vacation? We have a few tips for you!

(summary)

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Most people wouldn't admit it, but **summer vacations are rarely as uplifting, energizing and happy as they had previously imagined** (but also sometimes they turn out much better than expected).

- **Research** shows that **the majority of people are usually happier while they are planning and looking forward to the vacation than while actually on it, or how they feel afterwards.**
- The purpose of a summer holiday is to unwind, to relax and to get out of the ordinary. We consider the vacation an opportunity to finally get out of the rat race, let go of stressors and escape from everyday life. The only question is, can we?

**There is no perfect time for relaxation**, as there will always be unread emails and late projects. We should **develop our competency to be in the present and pay attention to and experience what is currently around us.**

- **Mindfulness** practically means the ability to consciously concentrate our attention to the present moment.
- It forms the base of our communication, emotional intelligence, leadership skills but also – even though mentioned rarely – **it's a crucial prerequisite for a happy vacation.**

**Mindfulness teaches us to be more in the present moment**, where we perceive the world around us with a higher degree of awareness thus we will have a more relaxing vacation or even one where we have more meaningful experiences.

### Our mindful tips

#### (1) Immerse yourself, don't just be a tourist

Checking off sights off your list can be an important part of a journey, as these places are famous for a reason. Nevertheless find the time to just immerse yourself in a location. Sit in a café or park, on a randomly chosen bench and observe people, lights, buildings.

#### (2) Put down the camera. Now!

Capturing every moment all the time during the journey on camera spoils the experience of perception. Usually we don't even remember where and why we took that great picture. Let it become an experience instead.

#### (3) Get off social media. Really. Please.

Social media is all about a crafted image and its movers are ego and envy. It impairs our ability to perceive a completely new reality that we can experience during our journey.

#### (4) Let go of control

During a journey or vacation we often get into situations where we are out of our comfort zone, as it's impossible to be prepared for everything. Observe yourself, your reactions, use the vacation as a form of self-knowledge training.

### (5) Be patient. It's better for everyone.

Waiting is an inherent part of travelling and it's an excellent opportunity to practice mindfulness. Use it to experience, observe and to have real conversations.

### (6) Stop wanting everything

We tend to attempt to make up for everything that we don't have time all year. Decide consciously for your priorities, don't have too many expectations and this will enable you to calmly and consciously enjoy the present moment.

(+1) Our extra tip could be the title of a book by Jon Kabat Zinn (the grandfather of mindfulness): *Wherever you go, there you are*. If your affairs are unorganized, if your life is a chaos, if you are in general not well, don't expect a week of vacation to change that. Of course mindfulness itself doesn't help you get organized, but it's the most important prerequisite.

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