

**"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore, Dream, Discover."**

*~~ Mark Twain*

Are you a traveler? Does the thought of exploring the unfamiliar and unknown fill you with excitement? Or are you someone who hates anything different and prefers to stay within your comfort zone?

Traveling can open your eyes to different cultures, foods and scenery. For those of you who went on family trips as a child, the memories of those trips probably figure prominently in your childhood recollections. It was an opportunity for your family to spend time together as a family unit, away from home without the distractions of daily living and may have been a time to reconnect and enjoy being with one another.

Traveling can involve piling everything into the family car and going away for the weekend to a nearby beach or historical site, or hopping on a plane and taking off for distant lands. Part of the magic of a vacation involves being away from stressors and work while spending time together with loved ones. Another aspect of getting away is to see the world through the lens of another culture. Overall, travel can give you time to relax and spend quality time with those you care about.

So go ahead and plan that trip that you've dreamt about and "explore, dream, discover!"



**Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals.**

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