



Look Forward to a Summer Staycation

by GAIL CARROLL

We are still battling the COVID-19 Pandemic and at the time of writing this article, there is no news on whether the Atlantic Bubble will be opened or how travel might look for those wishing to vacation this summer. One thing we know for sure is that it has been a super busy and stressful year for all. It is important for you to start thinking about how your summer vacation will look and make it one to enjoy no matter what the restrictions and limitations. There are so many beautiful places to see and enjoy right here in our home province. This year might challenge you to get creative with your planning, but it is very important for you to plan a beautiful and restful break for yourself.

Now that the weather has finally taken a turn for the better, there are longer days, a few extra hours of sunshine, an increase in temperatures and spring fever. It's finally here and how we long to spend those hours outside after the long winter inside (especially this year). School is winding down and we are thinking and dreaming of summer vacation. We are officially on the count down. So, what do you plan to do with your vacation?

Many of you may be avid gardeners and look forward to spending time at your favorite hobby. It allows you to enjoy the great outdoors, be creative and immerse yourself in something that requires your attention so completely that you can forget the world around you. For those who would like to try gardening but may live in an apartment or condo, you might consider trying your hand at container gardening. Lots of fun and color for you to enjoy your patio space. A website you may enjoy that provides plenty of ideas and inspires creativity is www.containergardening.about.com.

We have a beautiful province to explore and enjoy. So, when we say vacation, we mean "vacate your regular life and routine to do something fun and wonderful". Think about visiting some places in our wonderful province you have not been before. You can camp, book a cottage, or stay at a hotel or bed and breakfast. So many wonderful choices. For

those who enjoy hiking, take a look at the East Coast Trail www.eastcoasttrail.ca. The website offers many choices and suggestions for places to stay as well. Another great website to visit is www.explorenewfoundlandandlabrador.com/101-things-newfoundland-labrador. It offers 101 things to do and places to see in our great province. No shortage of ideas here.

The official website for the province is www.newfoundlandlabrador.com. Lots of great information on this website including where to go, what to do and places to stay including cottages and B and Bs.

The website below is supplied by the province for guidance to all who wish to travel within Newfoundland and Labrador this summer. Great information on staying safe and COVID-19 guidelines for travellers and for those who own and operate tourist businesses. If you are considering travelling within the province this summer, remember to plan as soon as possible as places book quickly despite the pandemic. (www.gov.nl.ca/covid-19/individuals-and-households/vacations-at-home/)

It is so important to find time over the summer to take care of yourself. As we all know, time flies by very quickly and to make the most of your time off it is important to be able to let go of this past school year and have that down time for rest and rejuvenation.

There are many health benefits to taking a vacation:

- Improves your overall well-being.
- Calms your mind.
- Cuts your risk for heart attack.
- Decreases burnout.
- Improves family, social and work relationships.
- Improves mental health.
- Improves your concentration and focus.
- Increases your energy.
- Helps you to live a longer and healthier life.

If you find that the events of this past year are not allowing you to enjoy your break and enjoy some rest and relaxation, you might consider calling your EAP (Employee Assistance Program). You may benefit from some counselling to assist you in letting go of issues that are continuing to revisit you. Or

perhaps you need to attend to some personal work through counselling that you might have been thinking about or considering but just couldn't find the time because of the busyness of the year. Now might be a good time to make the time. Allow yourself that opportunity so that when the new school year approaches you will have had time for you and will be returning to school with some tips and tricks for approaching whatever challenges lie ahead.

Summer is also a time when we enjoy so many outdoor activities that it is prudent to take care of ourselves when enjoying the great outdoors. When travelling, remember to buckle up and drive the speed limit, adjusting your speed for weather conditions such as rain and fog. Remember to pack things like insect repellent, sun hats, sunscreen, bottled water, hand sanitizer and masks. Always let a neighbour, friend or family member know when you will be away and arrange to have someone take in your mail and news fliers in addition to keeping an eye out for your home while you are gone.

Keep an eye out for the UV index wherever your travels may take you. Although the sun is wonderful in so many ways – fueling our Vitamin D levels, improving our energy levels and our moods – there are also dangers associated with enjoying it. An ounce of prevention is worth a pound of cure. The ultra-violet rays in Canada are strong enough to cause serious harm to our skin. The Canadian Cancer Society advises that the risk of skin cancer due to the sun's harmful ultra-violet rays is much greater than it was 20 years ago.

Here are some tips from the Canadian Cancer Society in choosing a sunscreen:

- Choose a sunscreen with an SPF of at least 30.
- Choose a broad-spectrum protectant and go for waterproof versus water resistant.

Now that you know which sunscreen lotion to buy, how do you apply it for optimal results?

- Apply sunscreen to exposed areas of the body 15-30 minutes before going outside. It is important to allow your body to absorb the sunscreen before exposure to the sun.
- You may need a friend's help for those hard-to-reach places.
- Remember to apply sunscreen to your ears, face, hands, neck and feet.
- Remember to re-apply sunscreen after swimming or when you have been out awhile and sweating.
- Sunscreen can be used all year. Remember that the UV factor can be high, even on cloudy days. Protect yourself and your loved ones. Don't forget to check the Weather Network's UV forecast and protect yourself in sun or cloud.

If you are not travelling and enjoying time at home or the cottage this summer, there are many other activities to enjoy from boating, swimming, golfing, playing tennis and hiking to relaxing with a good book that can take you on a wonderful escape or adventure.

Whatever you decide to do, remember to look after yourself and enjoy some much needed and deserved rest and relaxation – and remember to have fun!

Wishing all of you a safe, fun and happy summer.

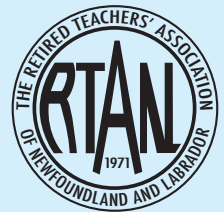
Gail Carroll is a Coordinator with the Employee Assistance Program for Teachers. For confidential assistance contact Gail Carroll (ext. 242) or Kenda Riggs (ext. 265).

CONGRATULATIONS!

As we approach the end of another academic year, there are some of you who will not be returning to the classroom next school year because you will be retiring. The Retired Teachers' Association of Newfoundland and Labrador (RTANL) would like to take this opportunity to congratulate you on reaching this important milestone and to wish you a long, healthy, and happy retirement.

The RTANL would also like to welcome you into our group of over 5600 fellow retirees scattered throughout the Province and beyond. Please consider becoming a member to enjoy our social activities and stay in touch by completing the Membership Application Form which was included with your package during the Pre-Retirement Seminar. For your convenience, this Form can also be downloaded from our website: www.nlta.nl.ca/rtanl and checking under Publications.

**There is life after retirement,
but you have to make it! Good luck.**



PRE-RETIREMENT SEMINARS 2021-22

Further information on Pre-Retirement Seminars for 2021-22 will be emailed to NLTA members in June.

Additional information can be found on the NLTA website at www.nlta.nl.ca/preretirement2021.