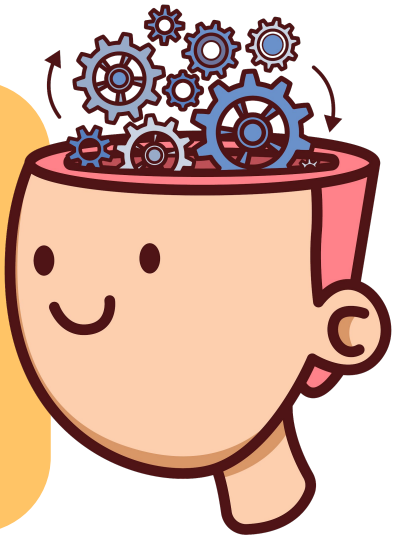
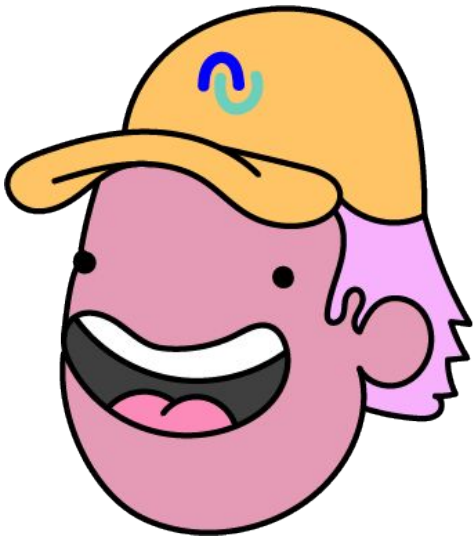
# Why vacations are good for your brain

We all instinctively know that we feel better after a relaxing vacation, but why is that? What is going on inside our brains?



Just planning a break can improve our mood for 15 days beforehand, and 1 month after the vacation.





## Cortisol and Stress

When we are stressed, a hormone called cortisol is released in the brain.

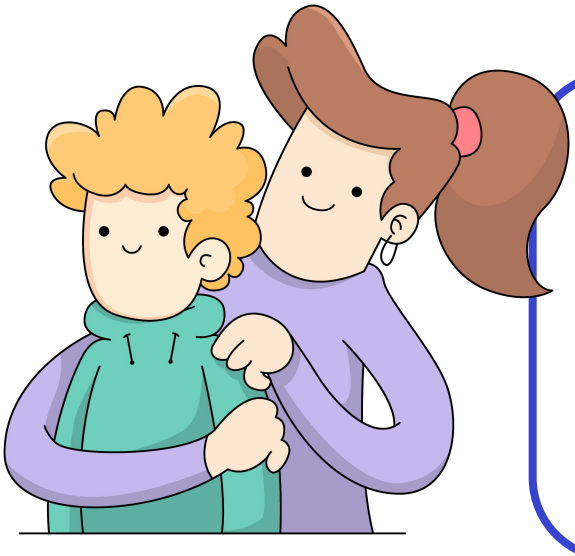
Cortisol negatively impacts our brain functioning, especially our executive functioning.

Getting away from all our normal stressors helps reduce cortisol levels so that our brain can recover.

# Common vacation activities can have a positive impact on mood and mental health.

Vitamin D (from spending time in the sun) can help improve our brain health.



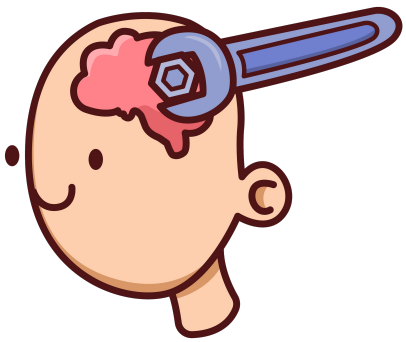


Other activities which give us pleasure can increase endorphins and our mood!

- Exercise
- Connection with family
- Good food

# Novel experiences, can improve our brain plasticity and cognitive flexibility.

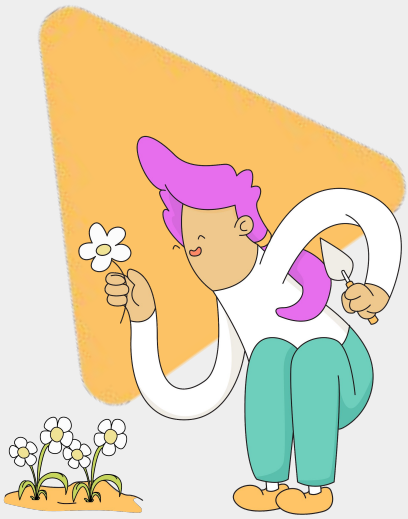
What is novel and exciting for one person might be frightening for another and have a negative impact. Always check-in with others before making plans.



# Would you like more support?

"At first I thought coaching was really expensive, but now I see that it's the best investment I have ever made in myself."

Coaching Client



**We are dedicated to supporting you!**

**Let us know how we can help you on your journey...**

## Take a look!

Want to learn more about brain development?

**Neuro-insight: Brain Development**
https://cimlearning.com/courses/brain-development-neuroscience-module/

Want to learn more about executive functioning?

**Intro to executive functions course**
https://cimlearning.com/courses/intro-efs/

Looking for a supportive community in our group sessions?

**Weekly Support Group**
https://cimlearning.com/courses/weekly-support-session/

**Fortnightly Strategy Group**https://cimlearning.com/courses/connected-minds-membe rship-strategy-sessions/#

**Parent Facebook Group**
https://www.facebook.com/groups/executivefunctionssupportgroupparents

**Adult Facebook Group**
https://www.facebook.com/groups/204786124308836

**Book a call to talk about coaching!** https://connectionsinmind.com/consultations/

