

Staycation Inspiration



Health Benefits

Putting the pieces together
to improve your health.



What's inside?

Benefits of taking time off

Learn the health benefits of disconnecting from work and connecting with nature.

Outdoor ideas

Discover possibilities for a staycation that won't take you too far from home.

Also, check out the **Enjoy the Outdoors** calendar for more suggestions on how to get outside every day!

Indoor ideas

Consider these activities that you and the family can do when the weather outdoors isn't cooperating.

Spa day

Try these DIY recipe suggestions for a relaxing home experience.

Culinary day

Test your cooking creativity and have fun with simple recipe ideas.

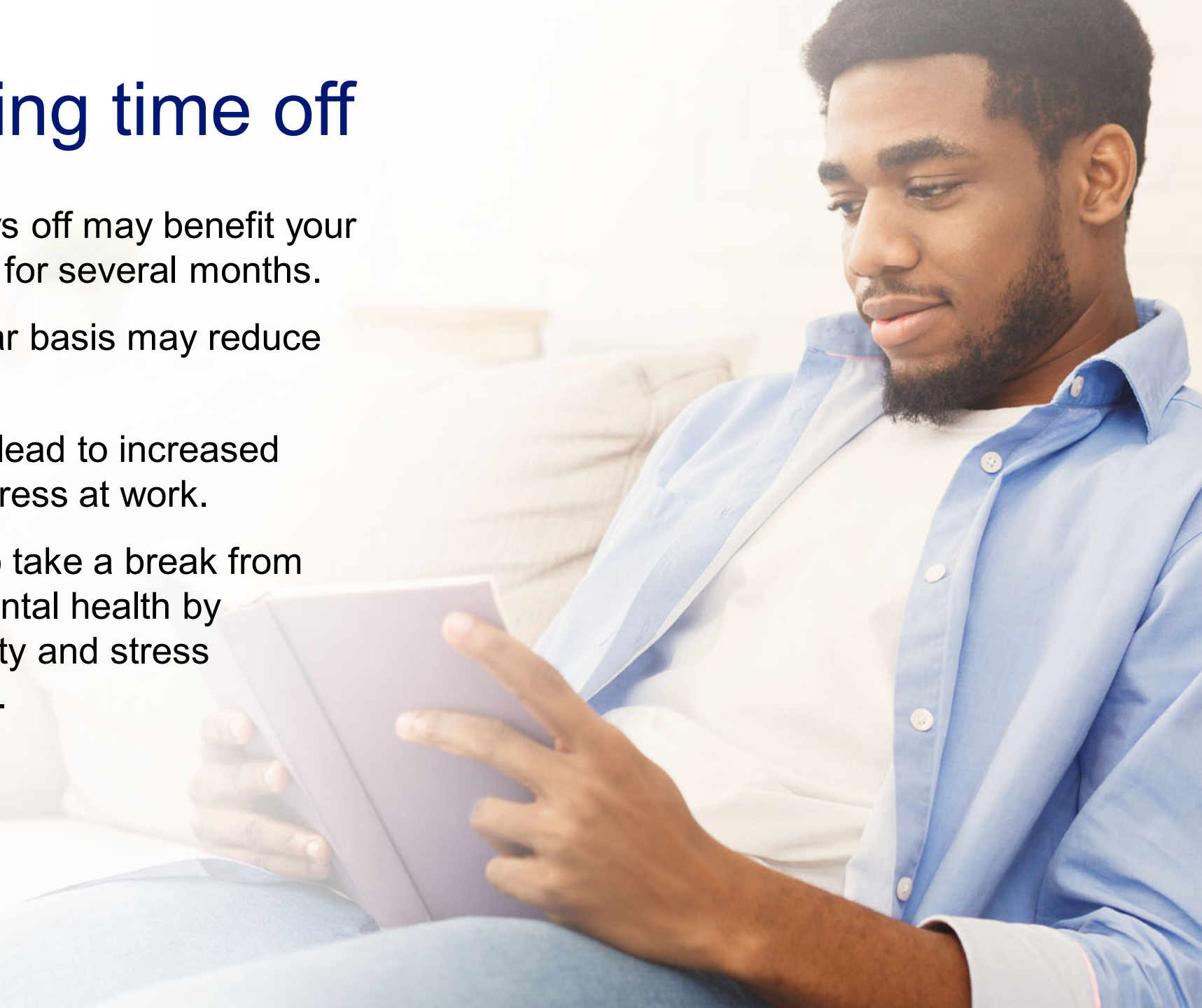
Travel

Immerse yourself in a new culture without leaving the house.



Benefits of taking time off

- Taking as little as three days off may benefit your mental and physical health for several months.
- Taking vacation on a regular basis may reduce your risk of heart disease.
- Time away from work may lead to increased productivity and reduced stress at work.
- Using your vacation time to take a break from work may improve your mental health by reducing depression, anxiety and stress while improving your mood.





Benefits of spending time outdoors

- Spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being.
- Feeling connected to nature can produce similar benefits to well-being, regardless of how much time one spends outdoors.
- Both green spaces and blue spaces (aquatic environments) produce well-being benefits. More remote and biodiverse spaces may be particularly helpful, though even urban parks and trees can lead to positive outcomes.
- Evidence supports aiming for two hours per week of outdoor time.





Enjoy the Outdoors Calendar

There are so many reasons to get out and enjoy the great outdoors. Try three outdoor activities each week. Simply check them off as you go.

Always practice sun safety when you're outside. Guard your skin and lips with a broad-spectrum sunscreen with an SPF of at least 15 – even if it's cool or cloudy. Reapply every two hours, or after swimming or heavy sweating. When appropriate, cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. And don't forget sunglasses that block both UVA and UVB rays.

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Simply step outside and take in the view.
2 Listen to the sounds of nature for five minutes.	3 Find a tree and feel its texture.	4 Watch a sunrise.	5 Go for a walk and take in the sights and sounds of nature.	6 Write a list of parks you'd like to visit and make a plan to visit one.	7 Exercise outdoors.*	8 Stream relaxing nature sounds on your phone or computer.
9 Take a walk and pick up litter.	10 Tend to a plant.	11 Play in the dirt — maybe even make a mud pie.	12 Lie in the grass and look up at the sky.	13 Go on a nature scavenger hunt.	14 Notice any birds you see.	15 Enjoy a meal outdoors.
16 What type of clouds do you see: cumulus, cirrus, stratus or nimbus?	17 Find a playground and swing on a swing.	18 Watch a nature documentary.	19 Make a rain barrel.	20 Watch a sunset.	21 Walk barefoot in the grass.	22 Feel the texture of different leaves.
23 The next time there are sprinkles, go outside without an umbrella.	24 Go outside and throw a frisbee.	25 Draw on a sidewalk with sidewalk chalk.	26 Find a hill to walk up and down.	27 Enjoy a body of water (pond, river, lake, ocean, etc.).	28 Read a book outdoors.	29 Bring the outdoors in by purchasing an indoor plant.
30 Smell the roses (or whatever flowers you come across).	31 Go for a walk somewhere you've never walked before.					

* Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.



Outdoor family fun ideas

Scavenger
hunt around
the neighborhood

Hula hoop/
jump rope
contest

Backyard
camping

S'mores over
a fire pit

Outdoor movie
projector

Gardening

Biking/Hiking

Kite flying

Picnics

Painting rocks

Shadow art
([click here for examples](#))

Feeding squirrels
and birds

Indoor ideas

Indoor camping
or blanket forts

Mad-libs-style
story telling

Dance party

Scavenger hunt

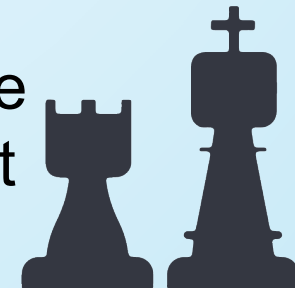
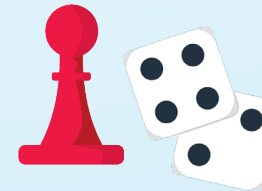
Karaoke

Indoor
herb garden

Card games

Board game
tournament

Spring cleaning



Indoor ideas



Crafting

DIY project

Fashion show

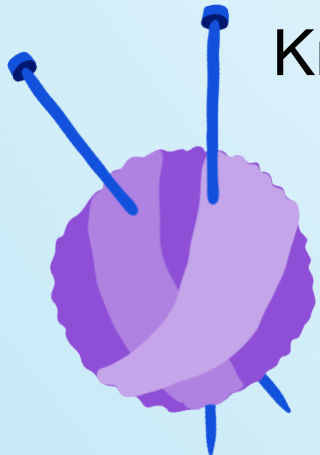


Puzzles

Scrapbooking



Storytime from
your favorite
childhood books

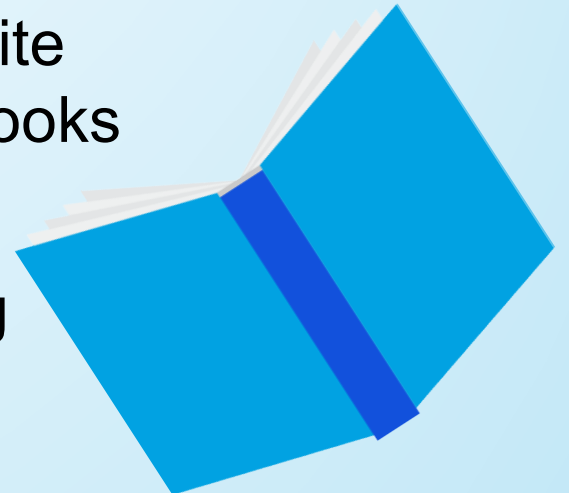


Knitting/crocheting

Coloring



Reading



Spa day

Sugar scrub: (simple, easy and safe for kids!)

- In a wide-mouthed container or mason jar, add ½ cup granulated sugar and ½ cup choice of oil (olive, canola, avocado, jojoba, etc.) with 10–20 drops of your favorite essential oils and mix well for a simple body scrub!
- Scent combination suggestions:
 - Grapefruit-mint
 - Lavender-mint
 - Lavender-lemon
 - Lemon-lime
 - Create your own!

Spa day

Infused water: Soak $\frac{1}{2}$ – 1 cup freshly cleaned and cut fruit, vegetables or herbs per quart of water for at least two hours for a naturally flavored beverage. Try these delicious combination suggestions or create your own!

- Cucumber-celery-mint
- Lemon-lime-grapefruit
- Mixed berry
- Watermelon-basil
- Mango-pineapple-strawberry
- Rosemary-raspberry
- Pineapple-jalapeño



Culinary day

“Make your own” bars or taste test competitions:

- Tacos
- Pizza toppings
- Hot dogs/burgers
- Baked potatoes
- Pancake/waffle breakfast
- Omelets
- Nachos
- Cupcake or cookie decorations
- Ice cream sundaes
- Smoothies



Virtual Travel

Pick a region or country to “visit” and replicate a day in the life there:

- Meals
- Music
- Fashion
- Virtual museum visit
- Watch a movie that takes place wherever you’re “visiting” that day
- Make a printed or digital photo collage of landmarks and nature from that region





Explore Maryland Virtually! The Maryland Department of Tourism has fun for everyone. Enjoy Traveling and exploring our great State from the comfort and safety of your home.

Want to venture outdoors safely? The Maryland Department of Natural Resources offers guidance from the latest recommendations for safe outdoor recreation and places to visit in Maryland.