



Two-Week Vacations Energize

At orientation programs for new judges and their spouses or guests in Indiana, panelists recommend taking two-week vacations rather than two one-week vacations. Two full weeks can make a big difference in offsetting the pressures of judicial service for judges and their households. New energy seems to result from taking a break that long from demanding routines.

On a vacation it often takes a few days to get one's mind off concerns at work and home to settle into the vacation environment and mentality. It also takes a few days at the end to pack and prepare for returning home. The middle days tend to be times of true relaxation, living in the present moment, focusing on the surrounding beauty, enjoying entertainment or reading, or participating in fascinating tours. That's why two weeks of vacation can be especially restful with several days in the middle rather than just a few. Leaving behind concerns about work, community issues, home maintenance, relationships, campaigning, etc. can help provide the energy for addressing those matters more effectively later in the vacation or once back at home. Those who have tried it report renewed health, vigor, and enthusiasm for returning to their work.

People who use the two weeks for touring rather than settling in to one location report a similar dynamic with work issues being mentally set aside within a few days of being away. A change of scene and new stimuli can bring rest and perspective.

Some who try the recommended two-week vacations elect to avoid any discussion or thinking about work. Others find it helpful to avoid addressing any problem-solving around personal finances, their own relationship, children, other family members, house repairs, or the like until at least five days into the vacation.

Panelists report additional long weekends away throughout the year can also be restorative. Some who have followed the long weekend example leave their computers at home or at the office for all three days. Others avoid any TV, movies, or books tied to work for the weekend.

Custom-tailored planning reaps benefits. Whether a two-week vacation or long weekend away, a break from routine that commands wide-angle vision can be energizing. Try it, you'll like it!

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