

Five pieces of advice to make the most of your vacations in 2024



If you are one of those people who are about to take a **break from work or school**, make the most of **your vacations** in **2024**.

Take time to **relax, disconnect yourself from the digital world as far as possible, or connect with your family** is the advice of Tec de Monterrey specialists.

For **Brenda Guzmán** from the Wellbeing and Counseling Department at [Tec de Monterrey's](#) Morelia campus, it is case of looking for activities that generate **physical, emotional, spiritual, and social** wellbeing.

*“Look for **activities** that will enable you to **connect with yourself and others**. This will give you the opportunity to identify how you feel and to **enjoy the moment**,” she said.*

CONNECTA gives you **five options** of things you could do on your next vacation:



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1. Relax! Videos and apps you could try

You can find the [Mente conectada](#) (Connected Mind) section on the **Tec de Monterrey** website, which contains simple exercises that can serve as a guide for the wellbeing of your mind and body.

You might like to check out these videos:

- [Sesión de Stretching](#) (Stretching Session Video)
- [Meditación en 4 tiempos](#) (Four-phase Meditation Video)
- [Mindfulness para la vida](#) (Mindfulness for Life Video chat)
- [Mental fitness: cómo me recupero del agotamiento](#) (Mental fitness: how to recover from stress, an episode of the *Ola de Salud* Podcast)

<https://youtu.be/oHmzWjTNZrk?si=e8d8rZDXsjRDzthQ>

Other possibilities include the following apps (some of which have a subscription fee):

- **Calm**: when you pick a topic, you will be given a short survey to identify the programs that can be adapted to your needs, such as **sleep stories, sounds from nature, soundscapes, and relaxing music to help you drift off to sleep.**

- **Headspace**: this is an application that enables you to develop **meditation and mindfulness skills**.
- **Meditopia**: this application helps you maintain your mental health **and evaluates what you need to create a mindfulness program**.
- **Petit BamBou**: provides **meditation, breathing, and sophrology** (relaxation through hypnosis) programs, among others, that help you **sleep better and cope with your feelings**.
- **White Noise Lite**: This is a free application in which you choose from a range of **relaxing sounds like rain and wind**.

2. Choose adventure

One of the ways to enjoy your **days off** is to **travel and visit new places** or activities you could do in your own city or state without having to go so far away.

You could find out about **free activities** in the place you are going to, which will allow you to have new experiences without spending more.

There are also certain **mobile applications** that will be very helpful to you on your trip away from home.

- **Tripadvisor**: this platform **lists hotels, restaurants, and activities** in your destination of choice.
- **Booking**: here you can **choose the type of place** you want to visit, specify whether you prefer a city or a beach, whether you are looking for outdoor activities or museums, and whether you are going with your family, friends, or a partner.
- **Kayak**: this application provides **complete travel and entertainment plans**. You only have to choose the destination and it will provide you with options for you to choose the one that best suits your needs.
- **Minube**: this application works as **a social network where you will find the best tips from other travelers** concerning the city or place you have chosen for your vacations.



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Another exciting option these days is **getting to know your own city or state**. You don't need to go on a trip to have new experiences.

You could visit a museum or **connect with nature** in a park or reserve near where you live.

3. 'Take-along' podcasts

You could take advantage of your days off or time spent traveling to your vacation spot to enjoy a variety of podcasts.

You could find something to **relax to or improve your wellbeing** on **Spotify**, such as:

- [***Entiende tu mente***](#) (*Understand your mind*): recommendations for **psychological reconstruction** to better understand your mind.
- [***Medita Podcast***](#) (*Meditation Podcast*): life coach Mar uses **meditation** as a tool for releasing stress.
- [***Poder emprendedora***](#) (*Entrepreneurial Power*): **wellness** entrepreneurship experts engage in conversations that will help listeners achieve a balance between their work and personal lives.
- [***Dormicast***](#) (*Sleep Cast*): this podcast offers you two **daily meditations**: one in the morning to wake up energized and one at night to help you rest.



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The following podcasts are available on **Amazon Music**:

- [***Por el placer de vivir***](#) (*For the Pleasure of Living*): this podcast is presented by César Lozano and offers you **topics for personal growth**.
- [***Meditación guiada***](#) (*Guided Meditation*): this podcast provides an opportunity for **guided meditation** wherever you may be.
- [***En terapia con Roberto Rocha***](#) (*In Therapy with Roberto Rocha*): interviews with specialists that will help you **resolve daily life conflicts**.

Furthermore, [**TecSounds**](#) has the following range of podcasts:

- [***Historias para mentes curiosas***](#) (*Stories for Curious Minds*): learn about the most important **scientific breakthroughs and how they impact your environment and your own life**.
- [***Cuida tu mente***](#) (*Take Care of Your Mind*): a program with exercises and routines to help us **build a fulfilling life**.
- [***Ola de salud***](#) (*Health Wave*): doctors, scientists and wellness experts from Tec de Monterrey talk about the things that **contribute to a healthy, balanced, and happy life**.
- [***Voces al centro***](#) (*Voices in the Center*): a space for dialogue that invites reflection and the construction of an **inclusive, safe, sustainable world**.
- [***eduTrends***](#): experts give us insights **into innovative pedagogies, technologies, and other educational developments** in the service of better learning outcomes.

- **Con su permiso** (*With Your Leave*): a critical panel on the **current and most pressing economic, social, and political issues in Mexico and the world.**
- **Territorio negocios** (*Business Territory*): professors, business leaders, and entrepreneurs take a critical look at the latest **trends and transformations in the business world.**
- **The Conscious Capitalists**: Timothy Henry and Raj Sisodia, co-founders of the Conscious Capitalism movement, get together to discuss current issues from the perspective of enlightened and conscious students, leaders, and organizations.

4. Take the opportunity to implement a ‘digital detox plan’

Although technology is part of daily life, Marisela Alvarado, psychologist and leader of the **Wellness and Counseling Department** on Mexico City campus, emphasizes that **total disconnection** can provide the rest our bodies and minds need.

*“Total disconnection means **not checking emails; it means trying to use social networks as little as possible, thereby avoiding issues that generate a high degree of uncertainty.***

*“These levels of uncertainty cause us to experience **high levels of anxiety.** The **feeling of always being available** has made us think about the logic of time and space; what time my working day starts and what time it ends,” she explains.*



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As a recommendation when disconnecting from social networks, the psychologist explains that 'simple' things can bring you satisfying days that you can **enjoy to the fullest**.

*"We should try to do **things we might enjoy**, such as rearranging our house, reorganizing the closet, or finding out if we like plants. If we like cooking, then we could make dishes we enjoy.*

*"If we enjoy reading, then we could read a book like a short novel **that has nothing to do with work**. We might also watch a movie. In short, we should try to make our days less complicated," she recommends.*

5. Do some voluntary work

According to Verónica Gámez, *national leader of Tec Volunteers*, a **break from work or school** is a great opportunity to get involved in volunteer work since this type of activity lets you internalize and get to know yourself.

*"Through this connection with the community, the benefit of engaging in volunteer work is the creation of an environment that is conducive to **human flourishing**. Being able to give back to the community lets you **internalize and get to know yourself**."*



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Here are some platforms or applications where you can find volunteer opportunities either in person or online:

- **VolunteerMatch**: *this platform makes it possible **to search for a volunteer opportunity either in person or online.***
- **Idealist**: *lists the volunteer activities **closest to your city**, in addition to offering online opportunities.*
- **Be My Eyes**: *you will be able to **make video calls with blind or visually impaired people to help them with things** like making food, checking if the lights in the house are on, recognizing colors, and so on.*

YOU MAY ALSO LIKE TO READ:

<https://conecta.tec.mx/en/news/national/health/heat-stroke-how-recognize-it-and-act-time>