

Vacation

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Cool, new start-ups have no restrictions on vacation – but they have no vacation policy either. The paradoxical effect is that people are taking less vacation rather than more, which is not good for our mental health.



[Photo Credit](#)

So, in defense of vacation, I am taking a few days this week to enjoy the following. Click on each if you want to learn more about the link to good mental health.

1. [Sleep.](#)
2. [Exercise.](#)
3. [Nature.](#)
4. [Wine.](#)
5. [Daydreaming.](#)

Till next week...