

Glen·Ella Springs

INN & RESTAURANT

*5 Simple **Tips** to*

Relax, reconnect, and

Return Renewed



Your intentional getaway starts here

At **Glen Ella Springs**, we believe your time away should leave you feeling rested, reconnected, and re-energized — not rushed or drained. We've created this practical checklist to help travelers like you experience a trip that truly restores you, no matter where you're headed. Use these five tips to bring more meaning, ease, and renewal to your next getaway.

Set an Intention for Your Trip

Tip #1



Go beyond the itinerary — ask yourself why you're traveling. Do you want rest, connection, inspiration, or clarity? Knowing your deeper purpose will help you shape the experience and make intentional choices.

Try this: Before you leave, jot down one sentence or word that captures what you want most from this trip. Let that intention guide your plans, from what you say yes to, to what you let go.

Create Space for Stillness

Tip #2



Even the best-planned vacations can leave you feeling rushed. Renewal comes when you allow for moments of quiet — time to sit, breathe, and simply be.

Try this: Schedule at least one pocket of stillness each day: a slow morning coffee, a sunset walk, or a few deep breaths before bed. Protect that time like it matters — because it does.

Be Selective With Your Energy

Tip #3



You don't have to say yes to everything. Give yourself permission to choose what truly nourishes you, not just what fills the schedule.

Try this: Ask yourself, "Does this activity add joy or meaning for me?" If the answer is no, skip it. Saying no is an act of self-care, even on vacation.

Stay Present in Small Moments

Tip #4



The real magic often happens in the little things: the smell of morning air, a shared laugh, the taste of good food. These are the moments that restore us.

Try this: Put your phone away for one meal a day. Pause and notice the sensory details around you. Take a mental snapshot you can carry home.

Carry Home What Feeds You

Tip #5



Before you leave, reflect on what made you feel most renewed. Maybe it was moving slower, meaningful conversation, or time outdoors. Find a way to bring that home.

Try this: Write down one ritual or habit to continue after your trip — like a daily walk, journaling, or leaving space for rest — so the renewal lasts beyond the journey.

Thank you for choosing Glen Ella Springs.
We can't wait to help you relax, reconnect, and return renewed.

Ready to plan your escape?

Visit [glenella.com](https://www.glenella.com) or
call (706) 782-4321 to book your stay.