

What's the Most Stressful Part of Vacation?

Description

What's up with vacations sometimes creating more stress than usual? Does vacation stress you out more than you'd incur had you not gone at all?

Of course, factors such as duration, destination, and who you're vacationing with play a big role which will make stress levels vary. Luckily, we enjoyed the destination, Corolla, NC in the Outer Banks, and who we vacationed with, my wife, daughter, mom, brother, aunt, uncle, three cousins, and grandma.



Missing my oldest cousin, Nick, in this pic, but everyone else is present.

For us, it seemed to be the duration that took a toll. Don't get me wrong, the time there was great, but it seems like more *things to do* pops up on our mental checklist for when we get home. It didn't help that we returned to a home full of pee spots and hair patches left by the stupid cat I refuse to claim. I don't care how funny it is to [watch him chase laser pointers](#), he needs to go.

But it's not just pets, it's the getting back in the groove of things, stocking a bare fridge and pantry (especially important when you cook all of your meals!), setting the old nap and bedtime routine for kids, unpacking, cleaning, etc. While packing for and planning vacation has its own stressors, the looming return back to reality is the real kicker. Sometimes you gotta ask...it worth it?

You bet it is!



Especially when it's with family you rarely see and in a beautiful area like around The Outer Banks. Make no mistake, coming home to a mess makes us question things sometimes, but there's no doubt that going on vacation is still worth it all.

I wrote a post using an app on my Samsung that was scheduled to publish on the day of our return, but as luck would have it, something messed up. I was able to track it down and have it right below. Still working on returning to homeostasis around here, but, as you will find out other factors are not making it easy. Once things settle down, I'll work on getting a day to day recap of the trip.

What stresses you out the most about vacation?

We're on our way back from our week long family beach vacation at the Outer Banks in Corolla, NC. Lots of fun and memories were had during our stay. We loved being in such a relaxing place and watching Avery soak up her first time at the ocean.



But all good things must come to end, and thatâ€™s probably for the best. Our poor little girlâ€™s [recurring staph issue](#) reared its ugly head which put a damper on the last few days of vacation, but she never let it her down.



Well, besides *down* in a hole in the sand. Going Mom and I were bothered more than her. Now we have the stubborn staph along with my [shoulder surgery](#) to deal with.

I made good use of my two good arms by playing in the ocean and kayaking before Iâ€™m down to just one for a few months. Hereâ€™s hoping for a fast and full recovery. Averyâ€™s healing kisses will certainly help!

[image](#)

With that said, my recap of vacation might be a bit delayed, but it will happen. Just need to figure out what typing will be like after my shoulder goes under the knife.

More pics and stories to come about our little family vacation.

[image](#)

Date Created
2016/06/19

default watermark