

Chamber CHATTER



MECHANICSBURG
CHAMBER OF COMMERCE
The Strength of One. The Power of Many.™

8.29.24

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 www.mechanicsburgchamber.org

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News, Events & more!

20th Annual



Friday, September 20, 2024

*Portion of proceeds will support
Peace Promise as they assist victims of
sexual exploitation and human trafficking.*

CHAMBER EVENTS

Watch for Weekly Updates!!

September

2- Labor Day Holiday (Office Closed)

12 - Cumberland County Mega Mixer - Location - Members 1st Federal Credit Union Headquarters, 5000 Marketplace Way, Enola, 5:00 - 7:00 PM.

20 - 20th Annual Golf Outing - Rich Valley Golf, 227 Rich Valley Rd, Mechanicsburg. Lunch at 12:00 PM, Tee time at 1:00 PM

26 - Business Leaders Discussion Group - Sponsored by PaySmart Payroll Services, 650 Wilson Ln, Ste. 100, Mechanicsburg. 7:45 - 9:00am. Members only event.

RSVP to info@mechanicsburgchamber.org

For a full calendar of chamber and member events, visit www.mechanicsburgchamber.org/events

Thank You For Renewing Your Membership!

Doceo Office Solutions
Elk Systems, Inc.
F & M Trust
Joseph James Jewelers
Mechanicsburg Area Foundation

Rolls-Royce Foundation
The Manor Salon
Walters Services
Darrell Westby



Friday, September 20, 2024

Rich Valley Golf
227 Rich Valley Rd.
Mechanicsburg, PA 17050
Registration - 12:00pm
Tee Time - 1:00pm

Register to play! Only \$80 for golf, lunch and dinner. Purchase the Gold Passport for \$20 and receive entry into ALL hole contests, and for a chance to win a door prize!

Not a golfer? Join us for dinner for only \$20.

Registration & sponsorship information.

Seeking Sponsors and Donations: This is a great opportunity to promote your business through a sponsorship or prize donation. Several sponsorship levels available! They can also be customized to fit your needs.

Or, simply send a gift card, promotional item, or any type of product for us to give away as a prize or to include in the golfers' goodie bags!

Contact the Chamber Office to play, contribute and volunteer!

717-796-0811 or info@mechanicsburgchamber.org

Portion of proceeds will support

Peace Promise as they assist victims of sexual exploitation and human trafficking.

\$25,000 Hole in One
sponsored by:



Dinner
sponsored by:



Lunch
sponsored by:





MEGA MIXER

CARLISLE | MECHANICSBURG
SHIPPENSBURG | WEST SHORE

THURSDAY
SEPT. 12
5:00-7:00PM

Hosted By



5000 Marketplace Way | Enola, PA

HORS D'OEUVRES
& DRINKS
FREE TO ATTEND

PRESENTED BY:



717.243.4515
events@carlislechamber.org



717.796.0811
info@mechanicsburgchamber.org



717.532.5509
chamber@shippensburg.org



Inspiring Business
717.761.0702
wschamber@wschamber.org



PLEASE RSVP TO YOUR RESPECTIVE
CHAMBER PRIOR TO THE EVENT.

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CATERING SPONSORS

Capital 

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PARX Casino
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UPMC

DESIGN & PRINT SPONSOR

KONHAUS
PRINT & MARKETING

HEALTHY YOU
café
and CATERING

NOTHING *bundt* CAKES®



HATS REGIONAL TRANSPORTATION PLAN

Problem driving/walking/riding spots in Central PA? Now's your chance to tell local officials and get it fixed on the long-range Regional Transportation Plan! Visit TCRPC's site to take the public survey, submit a transportation need, view the schedule of public events, and link to additional resources.

<https://www.tcrpc-pa.org/2050-rtp-updates>

Harrisburg Area Transportation Study (HATS) is currently gathering public and stakeholder input for HATS 2050 Regional Transportation Plan (RTP). The HATS 2050 RTP is the long-range transportation plan for Cumberland, Dauphin, and Perry Counties which focuses on the following:

- documenting the current status of transportation projects and programs
- identifying long-term needs and recommending projects and programs to meet those needs
- setting a framework and priorities for the expenditure of federal transportation funds through 2050

The HATS 2050 RTP Public Survey is now open! Links to the survey (in both English and Spanish) and other information is available at our [HATS 2050 RTP Public Information webpage](#).

Donate a Raffle or Gift Bag Item



The Mechanicsburg Chamber of Commerce is seeking raffle prizes for the upcoming 20th Annual **Chamber Golf Outing** on Friday, September 20! Portion of the proceeds benefit our Charity of Choice - Peace Promise, an organization that assists victims of sexual exploitation and human trafficking.

Please consider donating a prize or gift bag item to showcase your business. Prizes can be dropped off at the Chamber office Monday - Friday, 9am-4pm, or brought to a chamber event.



THE FOUNDATION FOR ENHANCING COMMUNITIES

The Foundation for Enhancing Communities Launches “Together We Take Action” Funding Program for August

The Foundation for Enhancing Communities (TFEC) is launching the next phase of its “Together We Take Action” program, which supports local, partially funded projects from nonprofits. This initiative not only provides crucial funding to these organizations, but also helps donors achieve their personal charitable goals. By connecting donors with impactful opportunities, TFEC makes it easier for them to contribute to a stronger and more vibrant community.

“We’re excited for the next chapter of ‘Together We Take Action’,” said Jennifer Doyle, President & CEO of TFEC. “It’s a great chance to support local nonprofits and make a real difference in the community around us.”

The “Together We Take Action” program, which runs throughout the month of August, gives donors a chance to contribute to nonprofit organizations’ partially funded grant requests in Cumberland, Dauphin, Franklin, Perry and York counties. TFEC has created an online grant catalog that provides a connection among TFEC, local nonprofit organizations and donors so we can take action — together.

“Our program is all about simplifying the giving process and maximizing the impact of every donation through shared support of local projects,” said Doyle.

Discover the giving opportunities available in Cumberland County below:

- Girls on the Run Mid State PA
- Junior Achievement of South Central PA
- Big Brothers Big Sisters of the Capital Region, Inc.
- Blue Mountain Escape, Inc.
- Cumberland County Library System Foundation
- Misson Central, Inc.
- New Hope Ministries, Inc.
- Pennsylvania Society for Biomedical Research
- Shippensburg Arts Programming and Education Inc.
- Shippensburg Historical Society Inc
- West Shore Symphony Orchestra Inc.
- YWCA Carlisle & Cumberland County

Visit [TFEC's website](#) to donate to any of these projects or learn more about the participating nonprofit organizations.

The last day to donate is Aug. 31.



Constituents of the 88th District are invited to my free document shredding event on Thursday, Sept. 5, from 5-7 p.m., in the Hampden Township Pool parking lot.

Safely dispose of up to four boxes/bags at this free event. This service is for individuals only; no businesses, please. Paper clips and binder clips must be removed prior to the event.

RSVPing for this event helps give the shredding company and my staff a headcount, please let us know you're coming by calling 717-761-4665 or visit RepDeLozier.com/Events. Shredding will be taken on a first-come, first-served basis.



CAR SEAT SAFETY CHECK & DAMAGED LICENSE PLATE & REPLACEMENT EVENT



Constituents of the 88th District are invited to my free child safety seat check and damaged license plate replacement event on Thursday, Sept. 19, from 4-7 p.m., at Platinum Mitsubishi Mechanicsburg.

Sept. 15-21 is National Child Passenger Safety Week. Certified car seat technicians will be on-site to ensure your child's car seat is properly installed. Police will also facilitate damaged license plate replacements.

License plates eligible for replacement include those that are blistered, peeling or discolored with at least one number or letter illegible from over 50 feet away. Bring your vehicle with the affected plate attached as well as your current

registration and unexpired driver's license. An officer will determine if your plate is eligible for replacement and my staff will assist you with filing the appropriate forms with PennDOT.

RSVPs are required. Let us know you're coming by calling 717-761-4665 or visit RepDeLozier.com/Events.



THE FOUNDATION FOR ENHANCING COMMUNITIES

MACF ANNOUNCES MORE THAN \$65,000 IN GRANT AWARDS TO AREA NONPROFITS

The Mechanicsburg Area Community Foundation (MACF) announced that \$67,702 in grant funds have been awarded to 12 Franklin County area nonprofit organizations through competitive grant opportunities. Awarded projects will commence between September 1, 2024, and August 31, 2025.

After careful review of numerous grant application submissions, the following were awarded funding for the 2024 – 2025 fiscal year:

- Big Brothers Big Sisters of the Capital Region, Inc. – 2024-2025 School-based Youth Mentoring in the 17050/17055 Community
- Blue Mountain Escape, Inc.- Workforce Development and Emergency Basic Needs for Women's Reentry
- Cumberland County Library System Foundation – School Readiness and Enhancement programs
- Girls on the Run Mid State PA – Girls on the Run Mid State PA: Supporting Holistic Health Outcomes for Girls
- Homeland Hospice – In-Home Relief
- Junior Achievement of South Central PA – Junior Achievement Programs for Mechanicsburg Area Schools 2024-25
- Keystone Concert Band – Concerts for Seniors
- Mission Central – Project Meet the Need
- New Hope Ministries, Inc.—Supporting Economically Disadvantaged Residents of Mechanicsburg
- PennCares – Education, Mental Health, and the Elderly
- Pennsylvania Society for Biomedical Research – SPARC: Mobile STEM Education Program for K-12 Students in Mechanicsburg
- YWCA Carlisle & Cumberland County – Crisis services for survivors of sexual assault, rape, and human trafficking

MACF is a regional foundation of The Foundation for Enhancing Communities (TFEC). Awarded nonprofits will receive their checks at MACF Grantee Reception on Thursday, September 19 at Buhrig's Gathering Place.

More information on this event can be found at <https://www.tfec.org/macfgrant/>. To learn more about each of MACF's grantees, visit www.tfec.org/macf.



CANDLE MAKING

COME EXPERIENCE THE GLEE OF MAKING YOUR VERY OWN *CUSTOM FRAGRANCE CANDLE FROM SCRATCH* FOLLOWING OUR STEP BY STEP INSTRUCTIONS AT OUR CANDLE MAKING STUDIO LOCATED IN THE HEART OF DOWNTOWN, MECHANICSBURG! THE GLEEFUL CANDLE IS A SEASONAL SCENT STUDIO MEANING, SCENTS TO SELECT FROM ARE CATERED TO THE EXACT SEASON WE ARE CURRENTLY IN! THIS IS A WONDERFUL ACTIVITY FOR GIRLS NIGHT OUT, DATE NIGHT, WORK TEAM BUILDING EVENT, BRIDAL OR BABY SHOWER ACTIVITY OR IF YOU'RE JUST SEEKING TO DO SOMETHING UNIQUE AND DIFFERENT! CHILDREN AGES 10+ ARE WELCOME TO PARTICIPATE IN THE FUN OF CANDLE MAKING AS WELL!



TERMS | CONDITIONS | INFO

DISCOUNT CODE VALID UNTIL OCTOBER 20TH, 2024. COUPON USE FOR ONLINE CHECKOUT ON OUR WEBSITE. COUPON TO BE USED ONLY FOR STANDARD SESSIONS, NOT FOR ANY SPECIAL EVENTS SUCH AS LIVE HARPIST EVENT, CANDLE & COFFEE .ECT. STANDARD SESSIONS ARE TYPICALLY HELD WED-SAT, WITH POSSIBLE EXTENDED DAYS AVAILABLE FOR PRIVATE EVENTS. NO WALK-INS, MUST BOOK AHEAD TO RESERVE. EACH CALENDAR SHOWING AVAILABLE DATES WILL BE REFLECTED ON OUR WEBSITE ONE WEEK PRIOR TO THE FIRST OF THE FOLLOWING MONTH.

717-748-6899

WWW.THEGLEEFULCANDLE.COM

62 W. MAIN STREET
MECHANICSBURG, PA.
17055



Summer Scents until August 30th
Fall Scents start September 1st

Take advantage of this coupon to create more memories and customized candles with the ones you love!

62 W Main St, Mechanicsburg, PA
717-748-6899

Third Friday FOOD TRUCKS



**APRIL 19 • MAY 17 • JUNE 21 • JULY 19
AUG. 16 • SEPT. 20 • OCT. 18**



135 W. Simpson St.,
Mechanicsburg
717-766-4611
fumchurch.com



MULTIPLE TRUCKS /// VARIETY OF FOOD

Seeking HOSTS for 2024 & 2025 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
- Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

For more information - on HOSTING AN EVENT
contact the Chamber office at 717-796-0811 or email - info@mechanicsburgchamber.org.

JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Fri. 8/30 – Totem Pole Wine Farm/Ranch
Carlisle...Kirk solo 6:30-8:30

Sat. 8/31 – Rotunda Brewing & Restaurant,
Annville...Kirk Duo 6-9

Tue. 9/3 – Greystone Brew House@
Range End , Dillsburg...Kirk solo 6-9

Thurs. 9/5 – Big Bottom Brewing @
Al's Pizza, Dillsburg...Kirk solo 7-9

Fri. 9/6 – Pilger Ruh Wine Garden,
Gettysburg...Kirk solo 6-9

Sat. 9/7- Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 6-8

Sun. 9/8 – Adams County Winery, Ortanna...
Kirk & Beth Duo 1-4

Tue. 9/10 – Greystone Brew House@
Range End , Dillsburg...Kirk solo 6-9

Fri. 9/13- Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 6-8

For complete up-to-date
schedule, information,
and photos go to
www.jazzmeband.com

Bookings: call Kirk at 717-979-0341 or
E-mail wisemotors@aol.com

Tour sponsors:
FARNHAM INSURANCE,
MEMBERS 1st F. C. U.,
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LANDON WISE PHOTOGRAPHY



GFWC
est. 1890
**GENERAL FEDERATION
OF WOMEN'S CLUBS**

GFWC (General Federation of Women's Clubs) Mechanicsburg

The next meeting will be on
Tuesday, September 10, 2024 at 6:30 PM at
Buhrig's Gathering Place, 25 East Main Street,
Mechanicsburg.

There will be a pot luck supper, so bring a dish to
share and your place setting. The program will be
speaker Clarence Banks from Boscov's.

Would you like to know more about how we serve
the community while helping Veterans,
libraries and schools?
Come for a visit to find out.

For more information, contact Sue at 717.243.9872
visit our website at
<http://gfwcmehc.tripod.com/>

GRANT SEMINAR

**Tuesday, Sept. 10
9 a.m. to 2 p.m.**

**Upper Allen Township Building
100 Gettysburg Pike, Mechanicsburg, PA 17055.**

I am hosting a seminar for municipalities and local organizations to learn how to apply for funding to help continue their service to our communities. Hear from several state departments and agencies about how to apply for state grants.

**For more information,
please call
717-975-2235.**

Hosted by
**STATE REP.
THOMAS KUTZ**



WEB: RepKutz.com FACEBOOK.com/RepKutz INSTAGRAM.com/RepKutz

Mechanicsburg Museum

Here's What's Happening.....

Grandparents Day - Saturday September 7th 12-3pm @ the Passenger Station

Stop by anytime between 12 and 3 to make a craft, play some games and enjoy a light refreshment with your grandkids.

Antique Auto Show - Saturday 12-3 pm In the parking lot in front of the Freight Station

Members of the Antique Auto Club will be showing their 1940's cars in conjunction with our "Remembering the 40s" exhibit.

Fall Festival - Saturday, September 28 10-2pm Frankenberger Tavern & Gardens -217 E Main St

Crafters and Food for all to enjoy. Soup, whoopie pies, apple and shoefly pies to purchase. Crafters demonstrating and selling their wares. Blacksmithing, broom making, weaving, spinning, horn carving and more will be demonstrated.

Singer Band Concert - Sunday September 8 at 2pm Patio between the Stationmaster's House and the Passenger Station

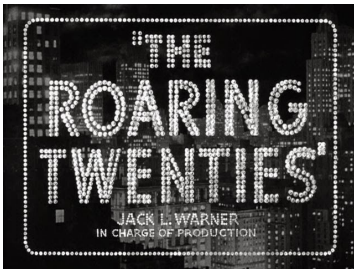
Bring a lawn chair and enjoy music from our own town band. You may even hear several numbers from the 1940s. Afterward, stop in to see our exhibit "Remembering the 40s" at the Freight Station.

MECHANICSBURG MUSEUM ASSOCIATION

2 West Strawberry Alley, Mechanicsburg, PA 17055 Phone: 717-697-6088

LIFETIME ENRICHMENT TALKS

All Programs at the Passenger Station 1 PM



**Wednesday,
September 11**

**"The Roaring Twenties: When
America Went wild"**

John Maietta
Colonel, US Army, Retired

**Wednesday,
October 9**

"History of Monroe Township"

Lawrence Knorr
Author & Historian



*This event will take place at the Museum Passenger Station. It is open to the public.
Refreshments are provided. Museum members, children 12 and under, free:
Non-members, \$5.00*

Apple Dumpling Sale

Preorder yours now - \$4 each
by September 20th
(order form below)



**Pick up: September 28th
12-3 @ Passenger Station**

Name _____
Phone Number _____
of dumplings _____ @ \$4.00 ea total _____
Check _____ Cash _____

Mail or drop off to 2 West Strawberry Alley
Mechanicsburg, PA 17055

Fundraiser for Mechanicsburg Museum Assoc



MACF GRANTEE RECEPTION

Thursday, September 19, 2024

Buhrig's Gathering Place



The **Mechanicsburg Area Community Foundation** is happy to host their

2024 Grantee Reception

celebrating the grantees receiving funding. Join this free event for a night of inspiring stories from nonprofits positively impacting the Mechanicsburg Area.

The event will be on Thursday, September 19 at Buhrig's Gathering Place from 5:00 pm-7:00 pm.

Register using this link: [2024 MACF Grantee Reception \(tfec.org\)](https://www.tfec.org/2024-MACF-Grantee-Reception).

Chamber Chatter is published on-line every Thursday.

We encourage member businesses to send us information on sales, promotions, news and events. It is a great way to promote your business or organization.

Chamber Chatter advertisements will remain for up to 4 weeks, or as space permits.

If you have something to share, please submit it by Wednesday at noon to info@mechanicsburgchamber.org.

****Chamber Chatter advertising is a FREE member benefit.****

COMMUNITY CARES PRESENTS

...YOU ARE THE KEY



The Twenty

Scan to Register



Register at www.morethanshelter.org

Individual Tickets \$75

19th September at 6:00 pm

Linwood Estates
93 Encks Mill Rd, Carlisle, PA 17015

Community CARES has provided over
500,000 shelter beds since 2004.

Join us as we
Celebrate 2024
and see what
we have planned
for 2025!



Entertainment by
John Westford

Contact Justin Lee at
jlee@morethanshelter.org
for Sponsorship details!
717.249.1009 Ext. 2234



www.johnwestford.com/





10TH ANNUAL FALL GOLF OUTING



Chance at
\$10,000
(50/50 split between winner and GTBA)
Hole-in-One Prize!



FRIDAY SEPT 27
2024

RANGE END GOLF CLUB, DILLSBURG

\$105 per person

SPONSORSHIPS AVAILABLE

Tournament	\$1,750
Golden Global	\$1,250
Course	\$1,000
Birdie	\$ 600
Door Prize	\$ 300
Hole	\$ 250
Patron	\$ 125

AGENDA

- 7:00 AM** Registration opens with coffee and donuts
- 8:00 AM** Shotgun Start for 18 holes of golf
- Followed by** Lunch, Door Prizes, and Awards

Register Now
thetide.org/golf



717-264-7288

events@thetide.org

PENNSYLVANIA GAME COMMISSION

OUTDOOR EXCHANGE



BUY OR SELL GENTLY USED GEAR

This yard sale style event is designed to get new hunters afield with discounted gear while helping sportsmen clear out extra hunting clothes, packs, calls, trail cameras, bows, knives, and other outdoor recreation gear. NO FIREARM OR AMMUNITION SALES.



SATURDAY, SEPTEMBER 28, 2024
9:00 AM - 2:00 PM



PGC HEADQUARTERS
2001 Elmerton Avenue,
Harrisburg, PA 17110



PRESENTATIONS ON
Hunters Sharing the Harvest,
Affordable Hunting

RESERVE YOUR FREE
BOOTH SPACE HERE!



YOUR STATE WILDLIFE AGENCY

To manage and protect wildlife and their habitats while promoting hunting and trapping for current and future generations.



FOLLOW US

@PennsylvaniaGameCommission
@pagamecomm



The Pennsylvania Game Commission is hosting its first-ever “Outdoor Exchange,” on Saturday, Sept. 28, at its headquarters located at 2001 Elmerton Ave., in Harrisburg, PA, 17110.

The agency is currently looking for vendors to set up a FREE booth to sell any unwanted outdoor items. To apply for a free vendor space, a registration form can be completed online.

Only applications submitted electronically will be accepted. [PGC Outdoor Exchange](#) Vendors will be required to sign a waiver the day of the event.

PGC’s Outdoor Exchange is a yard sale style event, designed to help new hunters get afield by providing an opportunity to purchase discounted gear. Registered vendors can sell used hunting clothes, packs, calls, trail cameras, bows, arrows, knives, and much more. Vendors keep all proceeds from their sales.

Firearms sales and ammunition sales are prohibited.

Food trucks will be on site for the duration of the event. For the safety of vendors and participants, apart from service animals, no pets will be allowed.

Over The Edge

RAPPEL FROM THE ROOF!
VOLUNTEER. DONATE. WATCH.



October 4

17 North 2nd Street
Harrisburg, PA 17101

Courage for Kids

Over The Edge raises funds for our one-to-one youth mentoring program.

Go to new heights to make a BIG difference for a child in your community.



The official registration and financial information of Big Brothers Big Sisters of the Capital Region may be obtained from the PA Department of State by calling toll free 1-800-732-0999. Registration does not imply endorsement.

REGISTER TODAY: **CAPBIGS.ORG**



Over The Edge - Team Building

October 4, 2024

Market Square Plaza, 17 N. 2nd Street, Harrisburg



CORPORATE RAPPELLING TEAM

\$5,000 - Limited corporate teams available.

Your Corporate Rappelling Team will receive priority choice for a rappel "block" in our event schedule. (Must confirm prior to August 31st to receive priority choice.)

As part of your Corporate Rappelling Team experience, you will receive:

- One (1) Corporate rappelling team of five (5) participants
- 5 Invitations to the Liquid Courage Reception
- Logo on the event t-shirt
- Digital Recognition
- Company-provided item in Participant Gift Bag
- Company mention in thank you email to participants

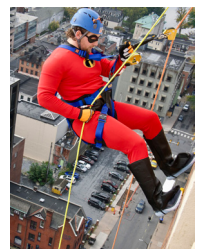


TEAM FUNDRAISING

\$1,000/person

Engage your employees to raise funds and send a peer or supervisor Over The Edge. Select an idea below or create your own team fundraising incentive:

- **Vote with your Dollars:** We suggest you encourage team leads or supervisors to create a fundraising page and invite employees to raise funds and donate to the person they want to see rappel.
- **Hold a Mini Event:** Host a pancake breakfast, bake sale, \$K, or other team event that gets everyone involved in raising funds for your Over The Edge participant.
- **Select an Incentive:** Let everyone know that the top donor/fundraiser/team lead gets to choose what costume the rappelling participant wears on event day.



Full List of Sponsorships: tinyurl.com/OTE24S

You're Vacationing All Wrong. Here's How to Have a Truly Restful Break

By *Jamie Friedlander Serrano* - Time

Travel **can do wonders** for your well-being. “Experiencing awe, going to novel places, engaging your creative mind, being in nature, and spending time with family and friends are all things that we know can increase well-being and even reduce stress,” says Stephanie Preston, a professor of psychology at the University of Michigan.

But those perks aren't a given. As anyone who's dealt with intrusive work emails or an overly ambitious itinerary can attest, it's possible to arrive back home from a trip feeling more stressed than you were before you left.

Keeping certain tips in mind as you plan and set out will help you better reap the benefits of travel.

Take a few short trips instead of one long one

Because the positive effects of traveling fade about **a month** after you return home—and because **the planning process** can make you happier than the trip itself—traveling more often could be key to improving mental health, says Laurence Chan, instructor of medical psychology at Columbia University. That means taking a few smaller trips may be better than taking one big trip, he says.

It may also be easier to fit into a busy life. “If someone is taking a longer vacation, there could also be a logistical limitation to disconnecting, and someone could be more likely to engage in work spill-over tasks—like attending a ‘can't-miss’ meeting or conference call,” he says.

Temporarily delete or mute apps

It's hard, but put your phone away as much as possible—and consider deleting your work email app or social media apps while you're gone. One **2016 study** linked spending less time on one's phone to a more relaxing vacation.

“I think social media in general is hard to disconnect from,” says Dr. Paul Nestadt, a psychiatrist and director of the Johns Hopkins Anxiety Disorders Clinic. “It can be anxiety-provoking to keep doom-scrolling.” He adds that some of his patients actually feel more anxiety from disconnecting entirely, so be mindful of your personality and what suits you best.

If you're particularly addicted to your phone, Preston recommends choosing a vacation destination that has limited internet access, such as a camping spot in the mountains.

Have a loose plan

If you're aiming for a relaxing getaway, you shouldn't overschedule yourself. But don't underschedule yourself either, says Henley Vazquez, co-founder of the travel agency Fora.

“There can be the impulse to figure it out when you're there,” she says. But faced with an empty agenda, “we end up defaulting to checking our phones.”

Vazquez says a good rule of thumb is to plan a half-day's worth of activities every day. Consider also preparing a list of restaurants you'd like to try in advance so you don't succumb to stressfully surfing Yelp from your hotel room.

Put down your camera

While it might be tempting to take photos throughout your trip, consider occasionally leaving your camera or phone in your bag and simply enjoying the present moment. "I think it has become almost an impulse to experience your own trip through your social sharing rather than to just experience it on the ground," Vazquez says.

Instead of snapping photos for Instagram, work on savoring your scenic hike, relaxing boat ride, or joy-filled family dinner. "No matter which activities you engage in, I think it's important to do them fully," Chan says. "If you're going to be walking, just walk. If you're going to be exploring the sites, just take them in."

Work ahead

It might seem like a counterintuitive way to tamp down stress, but try to do extra work before you leave for your trip, Nestadt says. If you don't, you risk feeling even more overwhelmed when you return home. "That can kind of delete or overwrite the beneficial effects you would've had from the trip," he says.

Cut your trip a day short

Even though you might dream of spending 10 days sunbathing and swimming in Hawaii, nine would be better if it means you have a day of rest and recovery between your vacation and returning to work or school.

"If part of the reason you're taking the vacation is because you need a break, then building a buffer [day] in really allows the recuperation that you're able to achieve on vacation to last," Nestadt says. An extra day at home is especially helpful if your trip involves jet lag, Preston adds.

Go for a hike or swim

One study found that when people exercise on vacation—regardless of whether they do at home—they had improved sleep, heart rates, and well-being. Although a run on the hotel gym's treadmill is good, it's even better to break a sweat in nature, as **exercising outdoors** can lower anxiety and stress.

Choose a sun-drenched spot

Regular exposure to sunlight has countless benefits for physical and mental health. It can improve sleep, strengthen the immune system, release mood-boosting serotonin, increase vitamin D stores, and lower blood pressure. **One study** found that people experienced more health benefits from their vacation when they were in a sunny locale rather than an overcast one. If you're torn between Seattle and San Diego for your next jaunt, for example, you might feel happier and more relaxed if you choose the latter.

Consider your travel companions

You might think traveling with anyone will be fun—a vacation is a vacation, right? Wrong. **One study**

found that who we travel with greatly impacts how much we enjoy our trip. (Out of traveling alone or with someone's friends, partner, relatives, or colleagues, people enjoyed traveling with their colleagues the least.)

One reason: You might want to rise and shine for a morning hike, for instance, whereas your brother-in-law might want to sleep in and zone out at the beach. "There can be a lot of interpersonal conflict over how you manage the schedule and the priorities," Preston says.

To truly recharge, think very carefully about how well your vacation desires will mesh with those of your travel companions.

Tap your friends for advice

Googling the best restaurants in Mexico City could lead you down a three-hour rabbit hole of research. Instead, consider asking for food recommendations only from your friend who went there a few months ago. "Crowdsource advice from friends who have been places, and they'll tell you the restaurants to go to or the hikes that were spectacular, and that can save a lot of time," Preston says.

Pack with compression cubes

Packing is personal, Vazquez says. Some people carefully plan their outfits, while others toss a hodgepodge of items into their suitcase and figure it out later. Regardless of your style, she recommends using compression packing cubes to condense your items and serve as portable drawers, keeping you organized while you're away. "I cannot overemphasize what a game changer these were for me when I found them," she says. They're particularly useful for people traveling with kids, as you can pack each family member's items in a different compression bag.

Eliminate layovers if you can

You might not be able to avoid layovers if you're traveling somewhere far away, or if your budget doesn't allow for a nonstop flight. But it's ideal to take direct flights and streamline travel if you can. Flight connections can be stressful, especially if you're traveling internationally, have a short layover time, or if one leg of your flight is delayed.

If you're spending significant time getting to and from your destination, you might not return feeling like you had a truly restful trip, Vazquez says. "You might have even added to your anxiety by making a large portion of your time away dedicated to complicated travel arrangements," she says.