

Soundbite Script – Take a vacation for your health

Victor Mendoza, behavioral health provider, OSF HealthCare

"There're times that we just need to break the routine, do something different," he says. "Vacations, they do that. They help us break the routine. We need to do something we enjoy, travel to new places and explore areas that we've never been to before." (:13)

Victor Mendoza, behavioral health provider, OSF HealthCare

"Some people like to stay active. They like to catch up on exercise," he says. "Some other people are just tired of going, going, and they just want to sit down on a beach and do nothing. And that's OK." (:10)

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"We have this sense of responsibility to always be there," he says. "'You know you can still call me and text me if something happens.' I think we need to really take into consideration that we do need to take this time away." (:18)

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"It doesn't always have to be this extravagant, five-star luxury hotel or taking a plane and flying across the world," Mendoza says. "It can be something small. Just staying home and doing things around where you live." (:15)

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"Because it's like you're trying to be in two places at one time, and you're not going to get the full benefit from time away," he says. (:6)