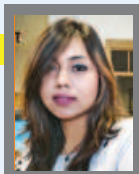


**LIFE AS IT IS**

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# LETTING YOUR STRESS BE SWEPT AWAY BY OCEAN WAVES

Try to plan one trip to the beach every year. Do some careful financial planning, save up, and set aside three to four days (the more, the better) from your work schedule to spend time at the beach, because an annual beach getaway is absolutely worth it. For those people who live in landlocked regions, going to the beach can be a time-consuming and costly affair, so consider yourself lucky if the nearest beach is not too far from your location.

We lived in Minnesota, USA, for five years and during that time, we managed to make just one beach vacation.

Because we lived in America's Midwest, which shares no border with sea or ocean, a trip to the nearest beach meant travelling 2.5 to 3 hours by air. However, after moving to Delaware, a small state with pretty beaches, beach getaways have become an annual thing for us. We now go to the beach on day trips, too.

I cannot stress enough how rejuvenating spending time near the ocean can be. The waves breaking at your feet and the sand slipping beneath them carry away your physical fatigue; and the briny breeze of the sea distracts you from your stress and worries. It is therefore no wonder that standing on the shore and gazing at the enigmatic sea make us feel healed and restored.

If you are a Bangladeshi living in Bangladesh, count your blessings, for our country has sandy expanses waiting for us to relax, explore, and bond with rolling waves. No matter where you reside in this small but beautiful country, the beach is never

too far off. I still remember my first trip to Cox's Bazar in 2008 and the majestic sunset I witnessed there. That evening, the hues of orange, red, and pink streaked across the sky and spoke of love, hopes, and dreams.

In colder climates, summer is synonymous with beach getaways, especially for people who live not far from the ocean. Why? Because a beach getaway is more than just a getaway. Times spent with the sea, salt, and sand have lasting effects on our body, mind, and soul.

## Reconnect with nature

The beach helps us reconnect with nature, especially if you live in the concrete jungle of a metropolis.

If you have not yet watched a sunrise at the beach, then you have missed out on one of the most magnificent phenomena of nature. The sight of the gaseous ball ascending from the edge of the ocean is a sight worth watching over and over.

## Relax

Have you noticed that after a beach trip you always sleep like a baby? Our brains enter a calming state after spending time at the beach. The sound of waves breaking on the shore is incredibly relaxing, which is why many people play the calming 'white noise' of crashing sea waves on their mobile devices to sleep at home.

Also, the cool blue shade of the sea has a soothing effect on our nerves.



## Get physical activities

Walking or jogging along the seashore and swimming in the sea are vigorous physical activities that reenergise our bodies and brains. Playing catch or frisbee at the beach is fun, too, especially if you are accompanied by children.

## Unplug from technology

Sand, water, and gadgets do not mix well. Therefore, for a technology detox, there is no place better than the beach!

If you live in Bangladesh, you do not need to go overseas to enjoy the pleasures and benefits of a beach holiday. Reap all the advantages of living in a country that boasts the planet's longest unbroken natural sea beach — Cox's Bazar. We also have Inani, Parki, Patenga, Kuakata beaches and more.

Nearly one-third of our body is water. One-third of our Earth is water, too. Therefore, it is perhaps not a random thing that we feel at peace near the ocean.

Sometimes, we overlook the advantages of going on a vacation. We should not, because going on an annual vacation is not a luxury in today's fast-paced technology-driven world, but a necessity. Therefore, if you want to boost productivity, improve health, lower stress, lift moods, and strengthen your relationships, plan at least one vacation every year. And when you do, keep "beach getaway" as your number one choice; we assure you that you will not be disheartened.

**By Wara Karim**

**Photo: LS Archive/Sazzad Ibne Sayed**

