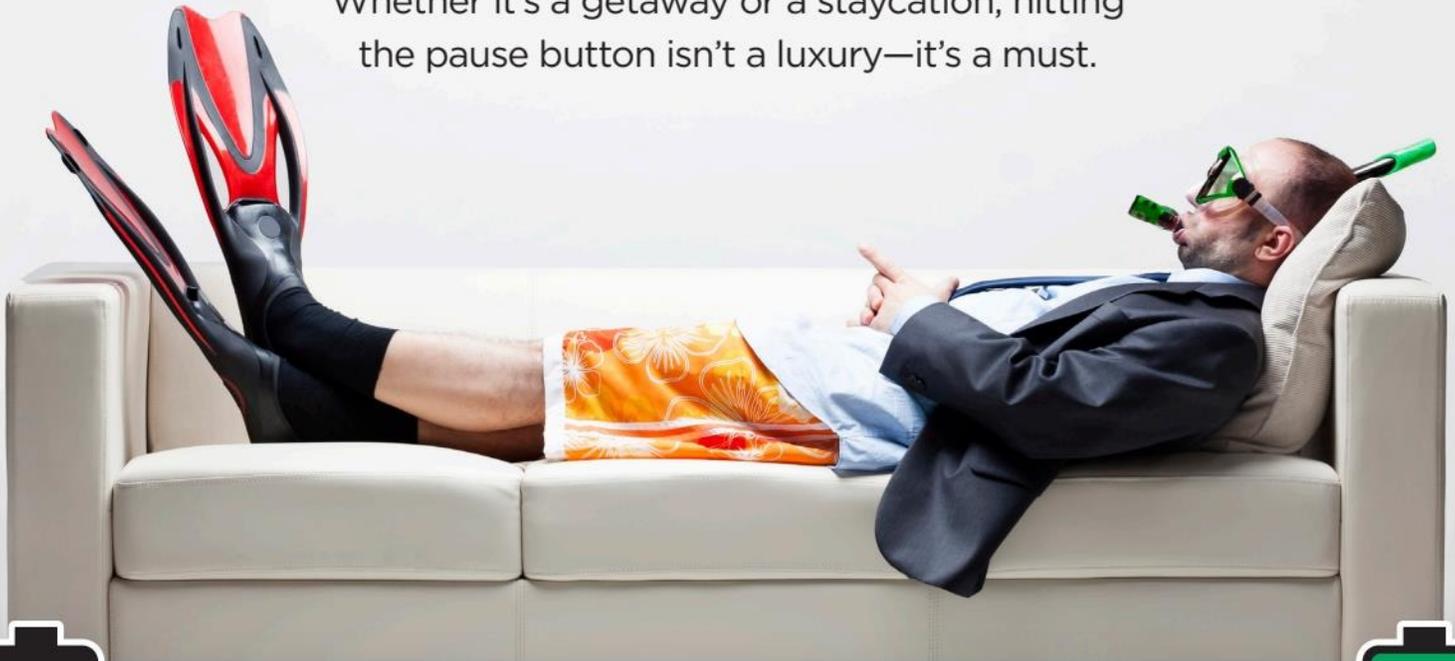


Rest and Recharge *this Summer*

Have you been running nonstop this year? Whether it's a getaway or a staycation, hitting the pause button isn't a luxury—it's a must.



When we don't recharge

Stress and burnout increase.

Fatigue/lack of quality sleep.

Impaired problem-solving.

Benefits of time off

Focus and efficiency improve.

Deeper and more restorative sleep.

Enhanced cognitive abilities and creativity.



Start planning

Assess → **B**udget → **C**heck

Check schedules for the best time off.

Set spending limits and consider staycations or travel deals.

Explore destinations, best travel times, and special offers.

wanderlog.com | tripit.com | skyscanner.com | alltrails.com | thepointsguy.com



Kimberly Murphree
Broker Associate

Simple as 1-2-3
KIMBERLY MURPHREE
BROKER ASSOCIATE

Sky Realty
REALTOR®
3737 Executive Center Drive
Suite 150
Austin, TX 78731
(512) 751-7907

kimberly@kimberlymurphree.com
KimberlyMurphree.com
Simple as 1-2-3

Hit the Road *this Summer*

The U.S. has something for everyone — beautiful parks, museums, cultural attractions, great food and much more.

Lassen Volcanic National Park, Mineral, CA

- Hydrothermal areas
- Hiking
- Camping

Assateague Island National Seashore, MD/VA

- Sandy beaches
- Maritime forests
- Wild horses

Michigan's Upper Peninsula

- Swimming
- Hiking
- Mackinac Island



Coeur d'Alene, ID

- Resort Golf Course
- Camping
- Boating and fishing

Wichita, KS

- Museums
- Sedgwick County Zoo
- Great Plains Nature Center

Northeast Georgia Mountains

- Small-town charm
- Waterfalls
- Historic sites

Enjoy your adventures! And if you find your dream home along the way, I can put you in touch with a professional real estate agent from my network across North America.

SOURCES: 1. Georgiamountains.org 2. nps.gov/lavo/planyourvisit/exploring-the-hydrothermal-areas.htm 3. assateagueisland.com 4. Mackinacisland.org 5. Visitwichita.com 6. coeurdalene.org/play/outdoor-activities/

Spread Kindness Wherever You Go!

Kindness is contagious! Here are fun and simple ways for kids to brighten someone's day—whether it's summer break or any time of year. A small act of kindness can make a big difference!

Scan for More Ideas



Paint Kindness Rocks



Make Dog Toys or Treats



Bake Treats for Someone



Send Care Packages to First Responders

