

# SUKHA

LIFESTYLE & CULTURE

2023 VIBES

## MINDFUL LIVING

[SUKHAHOUSE.HR](http://SUKHAHOUSE.HR)



# A message from your hosts

Harun & Saša



**Hey there! We're Harun and Sasha, your vacation hosts. Just wanted to introduce ourselves and let you know a little bit about us.**

Harun is a clinical psychologist and loves helping people with their mental health challenges. He's always had a passion for human psychology and truly believes that everyone can benefit from therapy at some point in their lives.

Sasha, on the other hand, is a marketing expert who enjoys getting creative with brand strategies for businesses big and small. Together, we make quite the dynamic duo, wouldn't you say?

Oh, and of course we both love to travel! It's one of our favorite things to do together because it's so eye-opening to experience different cultures and ways of life.

We hope you'll enjoy your stay with us and feel free to ask us anything about the area or local hotspots – we're happy to help!

In these pages, you'll find everything you need to know to make your next vacation in Medimurje memorable...

Sit back, relax, and let us guide you on your journey to the ultimate vacation experience.

ps. you have something special in mind? Give us a call!



# *The Facts*

## Amenities of the House

### Kitchen

- Fully equipped and stocked
- Dishwasher
- Full size oven
- Coffee machine
- Table for 4 persons
- Indoor and outdoor bar table for 2 persons

### Living area

- Fireplace
- Sofa & 2 chairs
- Flat-screen TV with Netflix
- Office desk with printer
- Chill & Yoga Gallery
- Social games
- Selection of Books (100 +)

### Bathrooms

- 1x Bathroom with shower
- 1x Bathroom with bathtub
- Washing machine
- Towels
- Hairdryer
- Free toiletries

### Bedrooms

- 2 bedrooms
- 160×200, 140×200 beds
- Safe deposit box
- Closets and drawers
- Iron & Iron table

### Outdoor

- Terrace with sitting area
- 2 sunbeds
- Barbecue
- Sitting area
- 2 bicycles
- Badminton set
- Walking trails
- Parking for 3- cars

## Check in/out

Check-in: from 15

Check-out: until 11

Early check-in and late check-out available upon request.

## Entering the house

Key code to house entrance will be sent to you in the morning on the day of arrival.

## Pet friendly

Looking for the perfect vacation for your dog, cat or other favourite furry, feathered or finned friend? You've come to the right place. At Sukha Vacation House, you can bring them all, no matter the type. Of course you won't bring a sheep to the vacation, but all pet animals are welcome.

As dedicated pet lovers and owners ourselves, we know how important is to make every family member count. We believe – happy pet makes a happy person, and we are happy when our guests are happy.

Price per animal / stay: 25 €

## WiFi Network

**WiFi Network is:** Tele 2 Pokuční internet - 7E96

**WiFi Password is:** AAR8E0R5GGG



@sukhavacationhouse

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## Any questions during your stay?

Give us a call on +385 99 269 3063 or try reaching out via WhatsApp on +90 544 922 32 77.



## ■ *Profile*

# Live Sukha & be Happy

Where focus is  
on YOU.



**Welcome to Sukha Vacation House! Our main priority is YOU and your relationship with nature and your inner self. Our house is situated in the midst of nature, allowing you to unwind and take in the beautiful green surroundings.**

You can explore the diverse region of Međimurje and breathe in the fresh air, which has healing properties. You can step out of the house and be surrounded by nature or go out and discover all the amazing things that Međimurje has to offer.

**Sukha is a fancy word that means happiness, pleasure, ease, joy, or bliss.** It comes from a language called Sanskrit and Pali. In old books, they talk about sukha as a type of happiness that lasts a long time, unlike other types of happiness that only last for a little bit.

At Sukha Vacation House, they want you to feel happy and connected to nature. The house is in a really pretty place with lots of green trees and plants. You can go outside and explore the nature around you or check out the cool things to do in Međimurje. Breathing in the fresh air can make you feel better too.





# ■ *What to do during your vacation?*

## Ride a horse ►

Visit our friends at Animalogic Horse Farm in nearby village of Črečan.

Horseback riding, besides being an enjoyable pastime, is actually a great mindful activity. It requires focus and attention to detail as you communicate with your horse through the reins and body language. This allows riders to be present in the moment and forget about any outside distractions, which can improve mental clarity and decrease stress levels. Additionally, caring for horses also promotes empathy, responsibility, and connection with animals.

**For Booking please call +385 98 9392 113 (Ema Prokeš)**



## Visit a local Winery. ►

Visit our friends at Cmrečnjak Winery.

This area is known for producing excellent white wines such as Rizvanac and Sauvignon, as well as red wines like Cabernet Sauvignon and Frankovka. Enjoying a glass of wine from Međimurje is an experience that is not to be missed, thanks to its unique taste and aroma that come from the excellent climate and soil conditions in the region. Whether you are a wine connoisseur or just looking for an enjoyable way to unwind after a day of adventures, sipping on a local Međimurje wine while taking in the stunning scenery is an ideal way to spend your time here.

**Visit Winery Cmrečnjak at Sveti Urban 273, Štrigova**



## Explore the deer farm ►

Feed the deers at nearby Perhoč deer farm.

If you've never had the chance to spend time with deer in their natural habitat, it's an experience like no other. There's something peaceful and calming about being surrounded by these graceful creatures, watching them graze and move through the trees.

**Visit Farma Jelenova Perhoč at Jurovčak 57, Železna Gora**





## ■ *The story*

# Why is Međimurje so great

The greenest destination in Croatia



**In the northernmost part of the Croatia, bounded by two rivers, there is located Međimurje, small in size, but big in heart. What it offers must be experienced by all senses: smell the freshness of the air, enjoy the taste of tradition and rest your eyes on the peaceful sight of the nature.**

Straight roads of Lower Međimurje and meandering paths of Upper Međimurje make a unique landscape. Main ornaments of "the Croatian flower garden", as it was named long ago, are carefully landscaped yards of country houses, fertile arable land and hills on whose slopes grapevines are looking forward to the sun and rain.

The region stands out due to its cultural, historical and traditional heritage so when one listens to the story of Međimurje, you can get to know prominent noble families, rich religious and historical architecture and cherished tradition.



Međimurje is flourishing not just in the literal sense, but in the touristic sense, as it is steadily offering more content. Recently, an ethnographic collection was exhibited in the village of Žabnik near Sveti Martin na Muri. Through interactive multimedial exhibition, visitors are familiarized in a modern way with the life and tradition of the oldest craft in the Croatian north – milling.

Since love goes through the stomach, everyone who tries authentic local cuisine developed under various influences falls forever in love with Međimurje. In the Middle Ages merchants passed through this region so exotic spices were early available, but the recipes were also shaped in accordance with nature and land workers' lifestyle.

Spicy condiments and necessary calories are balanced by housewives with sour cream and so temfanje (chicken in a cream sauce) appears, which alongside



meso 'z tiblice (roast smoke pork preserved in fat, usually in wooden barrels), međimurska gibanica (layer cake) and pumpkin seed oil, are the staples of the cuisine in Međimurje. Nowadays, in the restaurants of Međimurje authentic food of Međimurje can be tasted alongside other dishes, and the highest quality is guaranteed by the "Međimurski gurman" and "Zlatni međimurski gurman" label.

Calories that you eat in Međimurje, you can easily burn in Međimurje. Međimurje is geographically one of the most interesting regions in Croatia when it comes to active vacation. It is a great choice for anyone seeking an adrenalin bike ride, but also for those who wish to go on a relaxing bike ride through beautiful nature. Beside cyclists, runners will also be delighted with Međimurje.

The terrain, partly hilly, is suitable for those aiming for a good training, as well as for those who run for recreation and want to enjoy routes spanning over Međimurje or wish to explore the area by walking. The fact that active vacation is an important segment of tourism in Međimurje is demonstrated by the first Run hotel in Croatia within Terme Sveti Martin.

The benefits of the rivers of Međimurje are also used for sporting purposes. In Donja Dubrava one can experience rafting on the Drava river, starting from the dam of the Dubrava Hydroelectric Power Plant. The descent along the old current of the Drava river is 14 km long and the skipper will beforehand acquaint you with interesting facts about the reservoir lake, the Drava river itself and tributaries of the old current, as well as the surrounding flora and fauna.

At the end of the day, do not forget you are situated in a true wine destination. The hills of Međimurje are abundant in renowned wineries and winemaking families, in whose vineyards and cellars originate refreshing and alluring tastes of around twenty white and a few red wine varieties along the authentic wine variety of Međimurje, pušipel. The validity of the wine praises can be tested in around thirty wine tasting establishments and cellars on a tour of the Wine Road. What certainly serves as a credential are prestigious Decanter World Wine Awards awarded to the winemakers of Međimurje in more consecutive years, with five medals awarded in 2018.

In 2023. Međimurje has been named **a Green Destinations region at the ITB Berlin**, the world's biggest tourism fair, and has won the silver Green Destination award, which makes this northern Croatian region the first Croatian region and the world's fourth region to join the Green Destinations certification programme.





## *best of Međimurje*

# WHAT TO VISIT

### MADERKIN BREG

**ŠTRIGOVA / 6,3 km from the house**

### MUSEUM OF MEĐIMURJE & ČAKOVEC CASTLE

**ČAKOVEC / 16 km from the house**

▶ From the beginning of the world until today, in the area between the rivers Mura and Drava, Međimurje pulsates vividly. It consists of fertile and miniature fields, forests, meadows, pastures, wine-growing hills and about a hundred settlements inhabited by warm, cordial and diligent people. From ancient times, Međimurje valleys and hills are full of Međimurje songs; written, composed, created, painted, played and danced. Over time, whether work days or holidays, exceptional heritage values were created and imprinted in the cultural code of the spirit, mind and heart of Međimurje. Collected from all over the region between the two waters, they found their unique home in the Museum of Intangible Heritage "Treasury of Međimurje" under the roof of the revitalized fortification of the Old Town in Čakovec.

### VISITORS CENTER MED DVEMI VODAMI

**KRIŽOVEC / 19 km from the house**

▶ Visitor center "Med dvemi vodami" is imbued with love for Međimurje's natural heritage and the need to preserve it. It is located in a small Međimurje settlement Križovec, at Trg Međimurske prirode 1. It's the first and only Croatian square dedicated to nature. Here is also the seat of Međimurje Nature – Public Institution for Nature Protection.

### FIRST OIL FIELD IN THE WORLD

**PEKLENICA / 17 km from the house**

▶ The first oil field in the world became operational in 1856 in Peklenica, and two years later the first concession for oil extraction in the world was issued here. When people realized its value, they began extracting it.

### ST. JERONIM CHURCH

**ŠTRIGOVA / 6 km from the house**

▶ The church is known for its two bell towers, which is specific because two bell towers are usually built on cathedrals. The floor plan of the church is almost identical to the famous basilica of St. Peter in Rome. The greatest value of the church is that during the 18th century, the famous fresco painter Ivan Ranger painted a part of the altar.

### SV. MARTIN NA MURI / MILL ON THE RIVER MURA & MILLERS HOUSE

**SV. MARTIN NA MURI / 9 km from the house**

▶ The old wooden river mill is located in Žabnik, the northernmost point of Croatia. It represents a unique example of traditional architectural heritage in Croatia and beyond. The sound of murmuring water and creaking millstone take the visitors back to 1902, when flour was ground for the first time on that floating "old man".

### TERME SVETI MARTIN


**2 km from the house**

▶ The resort includes apartment complex and a 4-star hotel, healthy and innovative restaurants, complex of indoor pools with thermal water, summer aquapark, wellness centre, sauna world and a medicine center of bioresonance therapy. Countless recreational trails, sports facilities, golf course and disc golf and countless options for excursions and recreation.



Photo: @termesvetimartin





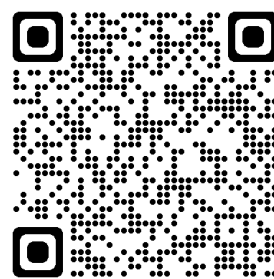
6 km from Sukha House,  
as a matter of fact, if you look out the window it is right there...

## Viewpoint Maderking breg

From it you can see in all directions

On top of Štrigova, more precisely in Robadje, you will be greeted by the Lookout tower Mađerkin breg. It is a favorite destination for many cyclists, pedestrians and hikers, with terraced vineyards surrounding it. Standing on the last platform, you are at the highest point of Međimurje, at 361 meters above sea level. Experience a beautiful view of 5 countries, Croatia, Slovenia, Hungary, Austria and Slovakia.

The lookout tower Mađerkin breg leaves no one indifferent, come and see for yourself.





■ *The change*

# Mindful Living

Tips & Tricks to  
make your life better



**In today's fast-paced world, it's easy to get caught up in the hustle and bustle of everyday life. However, it's important to take a step back and practice mindfulness living in order to reduce stress and improve overall well-being.**

Mindfulness living can be defined as paying attention to the present moment with an open, non-judgmental attitude. It can be practiced in all aspects of life, from eating to communication and time management. In this article, we will explore various mindfulness living tips and techniques that you can incorporate into your daily life for a healthier and happier lifestyle.

## **Introduction to Mindfulness Living**

In our fast-paced, technology-driven world, stress and anxiety have become a part of our daily lives. Mindfulness living is an effective way to reduce stress and live in the moment with full awareness. It is a practice of being present and fully engaged in

the current moment. In this article, we will discuss what mindfulness living is, its benefits, and tips on how to incorporate it into daily life.

## **What is Mindfulness Living?**

Mindfulness living is the practice of being present and fully engaged in the current moment. It is the ability to acknowledge and accept your thoughts and emotions without judgment. It encourages you to focus on the present moment, rather than dwelling on the past or worrying about the future. Mindfulness living can be practiced in meditation, during an activity, or simply by observing the environment around you.

## **Benefits of Mindful Living**

Mindful living has numerous benefits for our physical and mental wellbeing. It can help reduce stress, improve focus and concentration, boost creativity, and increase our ability to make better decisions.



### Tips for Practicing Mindfulness in Daily Life

Mindfulness living is not only practiced during meditation or yoga; it can also be incorporated into daily life. Here are some tips for practicing mindfulness in daily life.

#### Start with Small Changes

Start with small changes, such as taking a few deep breaths before beginning a task, or setting aside five minutes of your day to observe your surroundings. Gradually increase the amount of time you spend practicing mindfulness.

#### Practice Mindful Breathing

One of the most effective ways to practice mindfulness is through mindful breathing. Take deep breaths, focusing on the feeling of the air entering and leaving your nose. You can also count your breaths, inhaling for four counts and exhaling for four counts.

#### Avoid Multitasking

Multitasking can lead to stress and reduce our ability to focus. Instead of trying to do everything at once, try to focus on one task at a time. This can help you stay present and reduce stress.

#### Stay Present in the Moment

Practice staying present and fully engaged in the current moment. For example, when you are walking, focus on the feeling of your feet touching the ground, the sensation of the sun on your skin, or the sound of birds chirping.

#### Mindful Eating Habits for a Healthier Lifestyle

Mindful eating is an important part of mindfulness living. Here are some tips for mindful eating. When eating, focus on the taste, smell, and texture of the food. Try to notice the flavors and sensations in your mouth. Take your time when eating and enjoy each bite. Chew your food slowly and savor each flavor. Be grateful for your food and appreciate the effort that went into preparing it. Practice expressing gratitude verbally or through a moment of silence before eating.

#### Mindful Communication Techniques for Better Relationships

Mindful communication is essential for building and maintaining healthy relationships. Here are some tips for practicing mindful communication. When having a conversation, be fully present and engaged. Avoid distractions, such as checking your phone or looking around the room. Active listening requires you to focus on the speaker and fully understand what they are saying. Avoid interrupting and ask questions to clarify their message. Empathetic language can help avoid misunderstandings and promote positive communication. Use "I" statements to express your feelings and avoid blaming language. Practice putting yourself in the other person's shoes to understand their perspective.

## Mindfulness Meditation Practices to Reduce Stress and Anxiety

Meditation is a powerful tool to calm your mind, reduce stress and anxiety. Here are some tips to start your mindful meditation practice:

#### Start with Short Sessions

Don't worry if you can't sit for an hour straight, start small. Try meditating for just 5-10 minutes daily and gradually increase the time. Consistency is more important than duration.

#### Find a Comfortable and Quiet Space

Create a serene atmosphere for your practice. Choose a spot where you can sit comfortably and won't be disturbed. Ideally, it should be a quiet room with dim lighting.

#### Focus on Your Breath

Breathe deeply and be present in the moment. You can focus on your breath or repeat a mantra. If your mind wanders, gently bring it back to your breath.

#### Mindful Time Management Strategies for Increased Productivity

Mindful time management enables you to achieve more productivity while being mindful of your mental and physical well-being. Here are some tips:

#### Plan Your Day Mindfully

Set realistic goals for the day and prioritize them. Schedule time for breaks and relaxation. Don't forget to include activities that bring you joy.

#### Take Breaks Regularly

Taking breaks helps you recharge and maintains your focus. Engage in activities like taking a walk, stretching or breathing exercises to refresh your mind and body.

#### Focus on One Task at a Time

Multitasking may sound efficient but it leads to burnout and reduces your effectiveness. Instead, focus on one task at a time with complete attention and move to the next one only after you have completed it.



A photograph of a young couple in a bedroom. The woman, with long brown hair and wearing a red bra, is leaning over the man, hugging him from behind. The man, with short brown hair and a beard, is lying on his side on a bed with white pillows and a light-colored blanket. He is wearing dark jeans and is smiling at the camera. The background shows a window with white frames and a wooden headboard.

## Mindful Self-Care Practices for Improved Well-being

Self-care practices are essential to maintain physical and emotional balance. Here are some tips:

### Make Time for Yourself

Set aside time for activities that make you happy, nourish your soul, and rejuvenate you. It can be anything from reading a book to taking a bubble bath.

### Practice Gratitude and Self-Compassion

Gratitude and self-compassion enhance positive emotions and reduce stress. Take time daily to appreciate what you have, and be kind to yourself.

### Take Care of Your Body and Mind

Self-care also involves taking care of your physical and mental health. Eat nutritious food, get enough sleep, exercise regularly, and seek help if needed.

### Continuing Your Mindfulness Practice

Mindfulness is a lifelong journey, and it takes time and effort to cultivate. Don't get discouraged if you encounter setbacks, and keep practicing. Remember, a mindful life is a happier and more fulfilling life.

Incorporating mindfulness into your daily life takes practice and patience, but the benefits are worth it. By being present in the moment and living mindfully, you can reduce stress and improve your overall well-being. Whether it's through mindful breathing, communication, or self-care practices, there are many ways to incorporate mindfulness into your daily routine.

Remember, it's never too late to start living mindfully, and with a little effort, you can begin to experience the positive effects of mindfulness living today.

Scan the code for  
Mindful music







# How can psychotherapy make your life quality better

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by Sukha House therapist Harun Kayacan



Psychotherapy is a form of mental health treatment that has been shown to improve overall well-being and quality of life. As a goal-oriented approach, psychotherapy addresses an individual's specific concerns, helping them gain insight into their thoughts and emotions, develop improved coping mechanisms, and enhance their interpersonal relationships. Although it may seem daunting to seek help in this way, the benefits of psychotherapy can extend far beyond the individual seeking treatment. In this article, we will explore how psychotherapy can make your life quality better, including the various types of psychotherapy, the benefits of each, and how to choose the right therapist for you.

# Improving Mental Health with Psychotherapy

## Psychotherapy for Anxiety

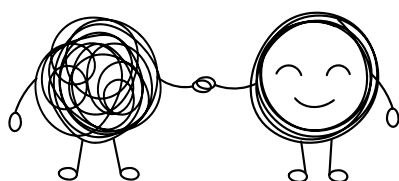
Psychotherapy has been shown to be an effective treatment for anxiety disorders, such as generalized anxiety disorder, social anxiety disorder, and panic disorder. Cognitive-behavioral therapy (CBT) is a common type of therapy used to treat anxiety. It helps individuals identify and challenge negative thought patterns and develop coping strategies to manage anxiety symptoms.

## Psychotherapy for Depression

Psychotherapy can be an effective treatment for depression, either as a standalone treatment or in combination with medication. The most common types of therapy used to treat depression are cognitive-behavioral therapy and interpersonal therapy. These therapies can help individuals identify negative thought patterns, improve communication skills, and develop healthy coping mechanisms.

## Psychotherapy for Bipolar Disorder

Psychotherapy can be used to manage symptoms of bipolar disorder, such as mood swings, irritability, and impulsivity. Cognitive-behavioral therapy and interpersonal therapy have been shown to be effective treatments for bipolar disorder. These therapies can help individuals identify triggers for mood swings, manage symptoms, and improve relationships.



# An Overview

## What is Psychotherapy?

Psychotherapy is a form of talk therapy that involves a trained mental health professional and a patient. It is an evidence-based treatment approach that aims to help individuals improve their mental health and overall quality of life. Psychotherapy can address a wide range of mental health issues, such as depression, anxiety disorders, bipolar disorder, and more.

## The Benefits of Psychotherapy

There are several benefits of psychotherapy, including:

- Improved mental health: Psychotherapy can help individuals manage and reduce symptoms of mental health problems, such as anxiety, depression, and PTSD.
- - Better relationships: Psychotherapy can help individuals improve their communication skills and work through relationship issues.
- Enhanced coping skills: Psychotherapy can help individuals develop healthy coping mechanisms to manage stress and trauma.
- Increased self-awareness: Psychotherapy can help individuals become more self-aware and gain insight into their thoughts, feelings, and behaviors.

## The Different Types of Psychotherapy

There are several types of psychotherapy, including:

- Cognitive-behavioral therapy (CBT)
- Psychodynamic therapy
- Humanistic therapy
- Interpersonal therapy
- Dialectical behavior therapy (DBT)

Each type of psychotherapy has a unique approach and is suited for different mental health concerns.



**What is EMDR?**

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an approach that utilizes a combination of exposure and cognitive restructuring techniques to treat individuals who have experienced trauma. Developed in the 1980s, EMDR is based on the theory that traumatic memories are more difficult to process due to their emotional intensity. This leads to a physical or emotional reaction when an individual recalls the memory.

By using rapid eye movements or other forms of bilateral stimulation, I aim to desensitize individuals from these overwhelming emotional responses and reprocess these memories in a less traumatic way. The goal of EMDR therapy is not simply to help individuals cope with their trauma but rather to reduce or eliminate the effects it has on day-to-day living.

While the specifics of each session may vary, typically treatment will begin by identifying specific symptoms related to the individual's experience. I will then work collaboratively with you, processing those symptoms using standardized protocols while alternating bilateral stimulation via eye movements, tapping, auditory tones and/or hand buzzers.

Research supports its effectiveness for treating PTSD and other mental health disorders as well as improving overall quality of life for Judo athletes recovering from injuries.

**CBT Therapy - identify and change negative patterns of thinking and behavior**

CBT therapy, or Cognitive Behavioral Therapy, is a form of psychological treatment that focuses on identifying and changing negative patterns of thinking and behavior. It is based on the premise that our thoughts, feelings, and behaviors are interconnected, and that if we can change the way we think about something, we can change how we feel about it and ultimately change our actions.

Through CBT therapy sessions, I work with patients to challenge their distorted or irrational beliefs and learn new coping skills to manage anxiety, depression, trauma, or other mental health issues.

I may use various techniques such as role-playing exercises, behavioral experiments or mindfulness exercises to help clients overcome negative thought patterns. CBT therapy has been extensively researched and found to be effective in treating a wide range of psychological disorders when used in combination with medication if necessary.

**About Harun Kayacan**

My educational background includes a MA in Clinical Psychology from Halic University . I have a bachelor degree in Psychological Counseling and Guidance from Sakarya University.

I completed my specialization internship at Istanbul Erenköy Psychiatric and Neurological Diseases Training and Research Hospital. I worked in schools and clinics. I offer online therapy services to my clients with Sukha psychology.

We also have a face-to-face therapy option for Croatian residents. In addition, with the "Sukha Vacation House" holiday house we have offer accommodation in a place surrounded by green, where our clients can mentally renew themselves and also receive face-to-face and online therapy support.

**Specialties: EMDR and CBT psychotherapy.**

**Please contact with me for more information and questions.**

Clinical Psychologist Harun Kayacan

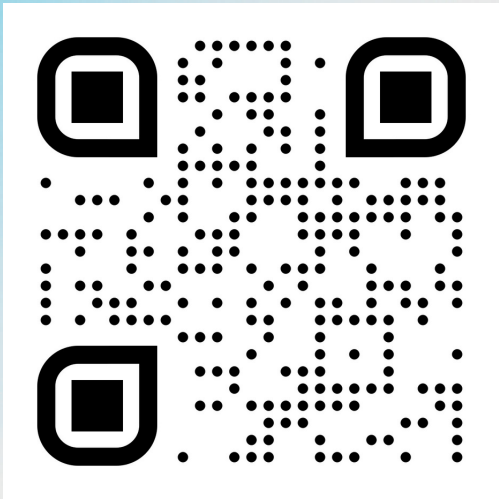


**Please make a booking  
+385 95 3298 851  
Harun Kayacan.**

Therapy is available only  
on English and Turkish  
Language.



Your Mindful Vacation  
in the middle of nature.



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Traveller Review Awards 2023

