

# Vacation Therapy—Are You Getting the Adequate Dose?

## Health Benefits

- Blood pressure, heart rate and levels of the stress hormone epinephrine decrease after only one or two days on vacations.
- The effects of exhaustion reduced when individuals have free time to relax, spend time in warm climates, exercise, get a good night's sleep and meet new people.
- Vacationers get deeper sleep when their trips are over.
- Leisure activities have been linked to overall well-being as well as the maintenance of solid physical and mental health.
- Vacationing decreases the chance of engaging in risky behaviors due to stress, such as excessive alcohol consumption, smoking and not getting enough sleep.

## Emotional Benefits

- Women who take vacations are more satisfied in their marriages because they feel more romantic while away, and come back home feeling more connected to their families.
- Anticipation of a vacation increases positive feelings of one's family and life.
- Since satisfaction with life increases on vacation, the effects remain once travelers return home.

## Career Benefits

- Three out of four corporate executives believe that vacations prevent burnout, improve personal job performance and improve creativity.
- More than one-third of small business owners report that their best business-growing ideas come during down time, not at work.