

Three Reasons to Take a Vacation

July 23, 2013

We're almost at the end of July, the most popular month of the year for vacations. Have you had your summer vacation yet?

Vacations make us happier, healthier, and more interesting

Happier. The travel website Expedia does some interesting vacation [studies](#). One of their findings: "Americans report that vacations make them happier than their marriages, their religions, weddings, birthdays and even their cats." The same study reported that we like our jobs more if we get away from them.

As productivity expert David Allen said, "Isn't it interesting that people feel best about themselves right before they go on vacation? They've cleared up all of their to-do piles, closed up transactions, renewed old promises with themselves..."

Healthier. [Research](#) shows that vacation is good for your cardiovascular health and may help with recovery from cancer and other diseases. The famous Framingham health study found that those who skipped vacation were more likely to suffer heart attacks than those who took vacations.

More interesting. *No matter what happens, travel gives you a story to tell (Jewish Proverb).* You and I know that vacations give us new perspectives and experiences, even if we just stay home and catch up on or reading list, or act like a tourist in our own town. We get a break from our everyday routines.

A vacation helps us show up at work and parties and talk about new and colorful things, like visiting a local museum for the first time, or buying a hand-woven basket from a guy in Roatan. The Friday morning breakfast tacos in the break room at work taste better if you can eat them while listening to your colleague's story of falling into an Amsterdam canal.

I hope the rest of your summer is happy, healthy, and interesting and that your "how I spent my summer vacation" stories are full of good adventures.

All the best,

Gretchen

Gretchen Roufs
Public Relations, Public Involvement, Marketing Communications

Gretchen@GretchenRoufs.com

www.GretchenRoufs.com

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