

Get Away

Take a break from worry.

Studies show that taking vacation can provide numerous health benefits. While it may be assumed that everyone looks forward to time off, the reality is that the average U.S. employee only takes half of his or her eligible vacation time. And among those who actually do go on vacation, three out of five admit to doing some work.

Whatever reasons may be keeping you from taking a vacation this year, consider the following benefits to your health and well-being you may be missing out on.



Reduced stress: At work we juggle a lot of responsibility. The physical and technical demands of the job, our accountability to our bosses and customers, deadlines, all serve to keep us on our toes and pumping in high gear most of the work day. By removing ourselves physically and emotionally from this pattern, a vacation allows our brains and bodies to relax in a way that can restore us. And the best news? These physical effects can still be felt weeks after we return to work.

Reduced risk for heart disease: Research has highlighted the cardiovascular health benefits of taking a vacation. Skipping vacation can increase your risk for heart attack whether you are male or female.

Reset your sleep pattern: Difficulty sleeping often stems from not taking sufficient time to wind down or having too much on our minds. Lack of adequate sleep results in reduced ability to focus, impaired memory and can lead to accidents and poor quality of life. When we unplug from the routine of work, we are more likely to interrupt the habits that disrupt sleep.

Change in perspective: Whether we get away to observe different scenery or immerse in another culture, we will return home with a changed perspective. We may bring home new ways of thinking and a better appreciation for our own lives.

You may not always be able to get out of town, but you will still gain benefits of taking a well-deserved break. In addition to reducing your overall stress, time away from work will give you a more positive attitude, more energy, increased motivation and productivity.