



THE VALUE OF VACATION

It's Worth More Than It Costs!

WHY VACATIONS ARE SO IMPORTANT.

Research has shown that Americans work more than any other people in the industrialized world. They also work longer days, take fewer vacations, and retire later in life.

While we may believe that we are getting ahead by working more, we are actually short-changing ourselves; as extended periods of work without rest has been shown to decrease our creativity, productivity and motivation, and elevates our susceptibility to burnout and feelings of overwhelm.

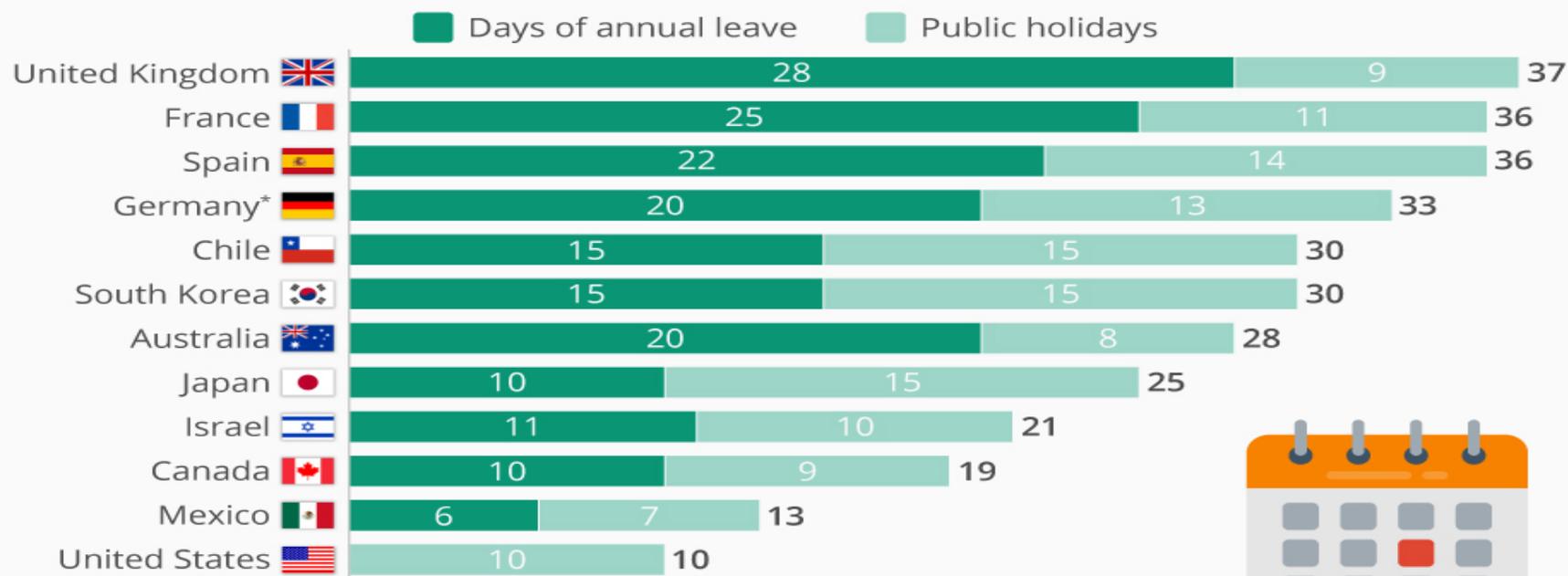
It may seem counterintuitive, but by choosing to take a break from it all, we are better preparing ourselves for it all!



COMPARING THE AVERAGE VACATION DAYS FROM THE COUNTRIES AROUND THE WORLD.

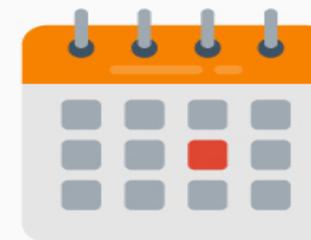
Vacation: Americans Get A Raw Deal

Statutory minimum paid leave and public holidays in 2016 (selected countries)



* Public holidays in Germany are regulated at state level.
The number varies between 9 and 13 depending on the state.

Generally reflects full-time employees working a five-day week and who have been at their current employer for one year



THE MENTAL BENEFIT OF TAKING A VACATION.

Studies have shown that just *planning* a vacation can boost your happiness levels for up to 8 weeks before actually taking the trip!

Vacations often include a change of scenery, scents, sounds, activities, and tastes. All of which inspire neuroplasticity – which in turn can make us more creative and imaginative.

Our brains will go into autopilot when we only experience the regular routine. But shaking up that routine, by taking a much needed vacation, will cause different synapses to fire off in our brains. This, in turn, revitalizes our minds and encourages us to try new things – mostly because we have to!



VACATIONING FOR A HEALTHIER HEART.

The Framingham Heart Study, which began in 1948 and is still going strong today, has shown that women who took vacations just once every six years were nearly eight times as likely to have a heart attack than those who took a vacation at least every two years.

There was also a study done by the University of Massachusetts on middle-aged men who were at high risk for coronary heart disease – what they discovered was fascinating: Their study found that when these men vacationed more they had a lower risk of dying: 21% less likely to die of any cause, and 32% less likely to die of heart disease.



PRESCRIBE A VACATION FOR REDUCING STRESS.

A 2015 study by the *American Psychological Society* showed that vacations are effective in reducing stress simply because they remove us from the environments associated with stress and work.

The University of Vienna released a small study which concluded that after taking time off from work and going on vacation, people had fewer stress-related physical discomforts such as back-aches, headaches and heart irregularities - and vacationers still felt the good benefits up to five weeks after their vacation.

**A
vacation
is what
you take
when you can
no longer
take
what you've
been taking**

-Earl Wilson

VACATION FOR IMPROVED PRODUCTIVITY.

A study by the *Boston Consulting Group* discovered that high-level professionals who were required to take time off were significantly more productive overall than those who spent more time working.

Similarly, Ernst and Young – a professional services firm – conducted a study on their employees and discovered that for each additional ten hours of vacation time employees took, their year-end performance ratings improved 8%.

The well-rested employees were also significantly less likely to leave the firm.



“ A PROPER VACATION DOES THREE THINGS. IT TAKES YOU AWAY FROM THE STRESSES AND DEMANDS OF YOUR DAILY LIFE; IT GIVES YOUR BODY TIME TO HEAL AND REJUVENATE; AND, IT INVIGORATES YOUR MIND BY RETURNING YOU TO YOUR NATURAL RHYTHM. ”

- Sage Wilcox

Vacations don't have to be weeks long, or expensive. You can change up your element by going camping at a local campground for a weekend; or even just take a day trip to a new town nearby; or try hiking one Saturday morning. Learn to expand your mind concerning vacations and time off – and by all means, please take some time off! Your body will thank you, and you won't regret it!



Healing Hands
Health Center