

Take a Vacation!

Everyone has a busy schedule, between meeting goals, achieving agendas, trying to please everyone. Taking a vacation once in awhile is not only beneficial to help relieve stress, but is also very necessary for your health. All too often, people keep delaying it, pushing it off and coming up with reasons for not taking vacations. This is a big mistake!

Stress is one of the worst things that can happen to people and can be prevented or reversed through a reduction of stress levels. Many studies support the positive effects of taking a "time-out" or going on vacation. Turn off your cell phone, computer, get your job off your mind and sit back, relax and enjoy a stress-free week once in awhile!

Why do I need a vacation?

We all need vacations. Vacations recharge us and make us more efficient at our everyday work and life. Americans are the hardest working of all societies. We work an average of 100 more hours than the Japanese and three months more than Europeans. The average paid vacation for an American is 3-4 days a year and most Americans don't take any vacations each year. The problem is we don't allow ourselves enough time. Humans need at least two weeks rest for your body to rebound. We live in a society that works us extra hours. We perform multiple jobs with less pay and less vacation time. We practically have to beg our employers to give us a week, let alone two weeks. Most of our vacation time is without pay, which can cause its own stress.

Working more than 40 hours a week doubles stress load and ultimately leads to heart disease. Europeans on the other hand are more productive, getting more done in less time. The most productive European countries are Belgium, France, The Netherlands and Norway; these countries employ better management techniques and require longer vacation time.

Some suggestions to recharge:

- Target your passions and build your vacation around things you like to do.
- Wander, learn to rediscover and re-explore with no purpose.
- Linger with a friend or family members over an extended dinner.
- Be like a kid, go out and play.