

IT'S GOOD FOR YOUR HEALTH!

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Why go on vacation?

Taking a vacation benefits your health in many ways, and we have proof!

Relieve stress

The very first benefit of leaving everything behind and relieving your brain of all your worries is reduced stress. **Several studies have shown a direct link between stress and health conditions such as headaches, cardiovascular diseases, cancer and several types of infections acquired as a result of a weaker immune system.** Relief from stress often gives us a new perspective on life, allows us to regain energy and often to find simple and sometimes obvious solutions to problems that had previously seemed impossible to solve. **It has been scientifically established that taking vacations reduces the incidence of burnout.**

Improve your mental skills

Some studies have found a relationship between stressful life events and a decline in intellectual function. It has also been established that there is a positive relationship between vacations and intellectual function.

Improve your physical health

Besides getting you away from daily stressors, a vacation often gives you the opportunity to catch up on sleep and exercise, two simple remedies for many pains and aches.

Strengthen family ties

Too often, in our fast-paced daily routine, family relationships suffer. A vacation is a great opportunity to discover each other in a different setting and to build long-lasting memories.

Enjoy life

Taking time off can be a great opportunity to meet new people, laugh and finally do the things that you most enjoy!

Been on vacation lately?

Taking vacations regularly is important, whether you actually feel tired or not. Some people feel that they cannot get away from their work because it is too demanding and they feel indispensable. If this is the case, it is probably one of the best possible reasons to take a break from it all. In the long run, fatigue and stress directly affect our physical resistance and mental capacities. ✧

