

Take That Vaca!



Better Mental Health

Vacations remove stressors from your life.



Helps General Health

A little rest and relaxation can relieve minor body aches and pains.

Better Sleep

Catching up on some shut-eye can improve your overall mental and physical capabilities.



Less Heart Disease

Research shows that if you take vacations, you'll have a lower risk of heart disease.



Improves Relationships

53% of people feel reconnected with their family after a vacation.



Generate Creativity

New environments help freshen your perspective and promote creativity.



Boosts Cognition

Showing your brain a new environment helps your brain's cognition.



Better Outlook on Job

Studies show that workers have a more positive outlook on their jobs after going on a vacation.

Source: Midphase

terryberry
Engage · Reward · Succeed