

## **Well Being Poster**

As we go into our half term break, this week's wellbeing poster looks at seven health benefits of taking a holiday (a holiday at home is included), taken from [Alina Health](#)

### **Seven health benefits of taking a holiday**

Studies have shown that the benefits of taking time away from the job can have physical and mental health benefits. People who take a holiday has lower stress, less risk of heart disease, a better outlook on life and more motivation to achieve goals. Here is a list of some additional benefits of taking time away from work.

#### **1. Improved physical health**

Stress can contribute to heart disease and high blood pressure. For both men and women, the New York Times reported, taking a holiday every two years compared to every six will lessen the risk of coronary heart disease or heart attacks.

#### **2. Improved mental health**

Neuroscientists have found that chronic exposure to stress can alter your brain structure and bring on anxiety and depression. When you take a holiday, feelings of calm arise and relieve stress, which allows the body and mind to heal in ways that it couldn't if it were still under pressure.

#### **3. Greater well-being**

According to a Gallup study, people who "always make time for regular trips" had a 68.4 score on the Gallup-Healthway's Well-Being Index, in comparison to a 51.4 Well-Being score for less frequent travellers. One study found that three days after holiday, subjects' physical complaints, quality of sleep, and mood had improved compared to before holiday. These gains were still present five weeks later, especially in those who had more personal time and overall satisfaction during their holiday.

#### **4. Increased mental motivation**

Many who return from holiday are more focused and productive. Studies have found that chronic stress can make it difficult to achieve certain tasks and cause memory problems. Taking time off can be like getting a tune-up for the brain, improving your mental health and cognition.

#### **5. Improved family relationships**

Spending time enjoying life with loved ones can keep relationships strong. A study by the Arizona Department of Health and Human Services found that women who took holidays were more satisfied with their marriages.

#### **6. Decreased burnout**

Employees who take regular time to relax are less likely to experience burnout, making them more creative and productive than their overworked, under-rested counterparts. Another way to manage burnout is through the Oxygen Mask Rule: "Secure your masks before assisting others." In other words, address your mental, physical and spiritual needs before committing to responsibilities benefitting others outside of your immediate family.

#### **7. Boosted happiness**

Research shows planning a holiday can boost your happiness. Some people experience an elevated mood up to eight weeks before.

The bottom line is, take a holiday if you can. When taking time away from the stresses of work and daily life, it can improve our physical and mental health, motivation, relationships, job performance and perspective. A holiday can help you feel refreshed and more prepared to handle whatever comes when you return.