

8 REASONS WHY YOU SHOULD GO ON HOLIDAYS MORE OFTEN

1. IMPROVING YOUR PERFORMANCE AT WORK

- CONSTANT WORK DECREASE YOUR PRODUCTIVITY
- BREAK IMPROVES FOCUS
- DIFFERENT ACTIVITIES = IMPROVED PERFORMANCE



2. EXPANDING YOUR VIEWS

- WHEN YOU GO ON HOLIDAY, YOU EXPERIENCE DIFFERENT CULTURES
- YOU ARE INTRODUCED TO A DIFFERENT WAY OF LIFE BY THE LOCALS
- MAKING NEW FRIENDS AND OTHER ACTIVITIES HELP EXPAND YOUR VIEWS



3. IMPROVING MOOD AND HAPPINESS

- A HOLIDAY IS THE PERFECT OPPORTUNITY TO EXPERIENCE THE WORLD ANEW
- YOU WILL GET NEW STIMULI: FACES, TASTES AND PLACES
- YOUR CREATIVE SIDE WILL BLOOM
- RETURN TO A CHILD-LIKE WONDER AND GAIN A POSITIVE OUTLOOK ON LIFE



4. IMPROVING YOUR ORGANIZATION SKILLS

- EVEN PLANNED HOLIDAYS ARE UNPREDICTABLE
- PLAN FOR EVERY CONTINGENCY
- BECOME MORE EFFECTIVE IN YOUR WORK AS A RESULT



5. RENEWING YOUR FAMILY BONDS

- BRING TOGETHER THE FAMILY
- DIFFERENT SETTINGS PROVIDES NEW OPPORTUNITIES FOR BECOMING CLOSER
- ACTIVITIES LIKE CRUISES, HIKES, OR CAMPING ENHANCE TEAMWORK BETWEEN FAMILY MEMBERS



6. PHYSICAL HEALTH BENEFITS

- PROLONGED TIME WITHOUT A HOLIDAY CAN HAVE NEGATIVE EFFECTS ON YOUR BODY
- EXIT THE REPETITIVE ROUTINES AND WORK-RELATED STRESS
- GOING ON HOLIDAY MORE OFTEN OR LONGER THAN A WEEK HELPS PREVENT FUTURE HEALTH ISSUES



7. MENTAL HEALTH BENEFITS

- GO MORE ON HOLIDAYS TO AVOID DEPRESSION
- HAVING MORE FREE TIME FOR YOURSELF, ENJOYING WARMER CLIMATES AND EXERCISING HELPS REGENERATING YOUR MIND
- GETTING GOOD SLEEP WITHOUT STRESSING OVER WORK HELPS REDUCE THE STRAIN
- NEW STIMULI IMPROVE BRAIN HEALTH AND COGNITIVE ABILITIES



8. HOW TO ACHIEVE THE PERFECT HOLIDAY?

- START REDUCING YOUR WORKLOAD TWO WEEKS BEFORE YOUR HOLIDAY
- PLAN MONTHS AHEAD TO ENSURE YOU WILL GET THE RIGHT DAYS OFF
- TURN OFF YOUR ELECTRONICS – ESPECIALLY WORK RELATED EMAILS OR PHONES
- ENGAGE IN NEW ACTIVITIES
- PLAN YOUR DAILY ACTIVITIES BUT ENSURE DOWNTIME, OR FREE TIME TO DO ANYTHING
- CLEAN YOUR PROJECT WORKLOAD BEFORE LEAVING ON HOLIDAY TO ENJOY COMING BACK
- A WELL PLANNED HOLIDAY ENSURES MAXIMUM HEALTH BENEFITS



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