



Been Awhile Since You Took Some Time Off?

“Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.”

— Maya Angelou

Over the past year, the pandemic put a halt to travel plans for many. With “nowhere to go,” many skipped taking vacation days and even powered through sicknesses when working from home. If you’re one of these people, we want to encourage you to consider taking some time off—even if you stay locally. The University cares about your well-being and recognizes that time off is vital to maintaining health and happiness. Take some “You Time” and remember **if it matters to you, it matters.**

Vacations Aren’t Just Fun—They’re Good for You

According to a [Beacon Health article](#), vacations can:

- Improve your physical health
- Reduce stress
- Enhance creativity
- Build relationships

If you haven’t had a vacation in a while, consider taking a vacation. It’s a great time to recharge your mind and body.



Click [here](#) to listen as Doctor Mike highlights seven shocking but proven health benefits of taking a vacation.

DREAMING OF VACATION? YOU’RE NOT THE ONLY ONE.



64% of Americans
call themselves
“vacation deprived”¹



Thinking about travel
boosts happiness by
18 percentage points²



67% of Americans
plan to travel this summer
(June 1 - August 31)³

¹ Expedia's 2021 Vacation Deprivation study

² Airbnb From Isolation To Connection—Travel in 2021

³ Tripadvisor's 2021 Summer Travel Index

Start Planning for Your Next Vacation

The [Employee Assistance Program](#) offered through **ComPsych** can help! Log in to [Guidance Resources](#), and click **Lifestyle** then **Travel** to explore articles and resources. Topics range from planning a trip to returning home.

[Beacon Health](#) also offers helpful articles. Type “vacation” in the search bar on the site to see these articles and more:

- Vacation Planning: Involve the Whole Family
- Budget Travel
- Staying Healthy on the Road
- Planning a Vacation for One

What if I have a medical issue while traveling?

Don't forget many providers offer telehealth or virtual visits that allow you to connect with a doctor via laptop, tablet, or smart phone. Contact your physician for directions on how to best connect virtually.

Not ready to travel yet or don't have enough money for a vacation?

You should still take time off. Try a “Staycation.” Whether you relax at home or do things around town, the time away from work will give you a much-needed break.

REMEMBER, YOUR TIME OFF BENEFITS INCLUDE MORE THAN JUST VACATION

Don't forget that you get 12 designated paid holidays per calendar year along with a variety of leaves of absence programs (i.e., family and medical leave, paid parental leave, civil leave, and military leave). These benefits are here for you when you need them. To learn more about leaves of absence, visit the University System's [Leave Benefits](#) web page or contact your institution's Human Resources Office for additional information.

Note: Some of the special leave provisions put in place during the pandemic may still be in effect, but are subject to change based on state and System Office requirements as the pandemic conditions continue to improve. For up-to-date detailed information about these leave options, contact your institution's Human Resources Office.

