Take that vacation; your health depends on it!

Do you have vacation time built up? We’ve heard all of the excuses. You’re buried in work at the office, and there’s no one who can do your work. Do you know how seriously “not” taking a vacation can affect your health? In fact, you might be surprised to hear that taking more time off is exactly what doctors are now recommending we all do to stay healthy.

In a study from the Department of Psychology from the State University of New York, middle-aged men who skipped vacations were found to be 30% more likely to suffer heart attacks than those who took at least one week off each year. And it’s not just men who are negatively affected. In another study, women who took at least 2 vacations a year were 80% less likely to develop coronary heart disease or have a heart attack. It’s not difficult to connect the fact that those who take vacations regularly would have better heart health because vacations are important for relieving stress. Stress is one of the leading causes of heart disease.

Feeling a little depressed? Taking time off also refreshes your mind, recharges your body and soothes your soul. Regular vacations may provide opportunities for activities that are good for you such as socializing with friends, connecting with family, exploring new interests, getting outdoors and being more physically active. All of these pastimes are known to reduce stress and help alleviate depression.

If you just can’t bear to vacation for days or weeks at a time, you can still benefit from a short get-away. Try taking a long weekend or even an afternoon off to participate in a relaxing activity. Taking small steps daily can also help you conquer stress. Try unplugging from technology during breaks or when you get home. Eat dinner together with friends or family (without television) and enjoy some quality time reconnecting at the end of the day.

For information on vacation accruals or maximum annual carry-over of vacation hours, please contact Human Resources Diversity & Inclusion at (657) 278-2521 or visit the HRDI website http://hr.fullerton.edu.

Important reminders to stop the spread of germs

• Avoid close contact with people who are sick. When you are sick, keep your distance from those you live with to protect them from getting sick too.
• Stay home when you are sick. You will help prevent others from catching your illness.
• Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
• Wash your hands often to help protect you from germs.
• Avoid touching your eyes, nose or mouth. May prevent you from getting sick when touching surfaces, or objects that have flu virus on it and then touching your own mouth, eyes or nose.

For more information go to: http://www.cdc.gov/flu/protect/stopgerms.htm