



# College of Pharmacy

## Work Life Journey – Planning for Your Vacation

March 2021

Time flies and whether we can believe it or not we're wrapping up the month of March and forging ahead into April. Before the time gets ahead of us, we're encouraged to take a pause and complete a bit of planning for rest, relaxation and a refreshing time during the summer so that we can be our best selves in the coming semester. Studies link travel to enhanced empathy, attention, energy, and focus.

Did you know?

- Booking a trip—even just getting it on the calendar—might be the very thing we need to restore our emotional immune system after months of mounting uncertainty and stress. – Michelle Gielan, Founder, Institute for Applied Positive Research
- In addition, a new study has shown that booking travel generates happiness and can alleviate stress and uncertainty. Of those participating in a recent survey, 97% reported that having a trip planned made them happier, 82% said a booked trip made them “moderately” or “significantly” happier and 71% reported feeling greater levels of energy knowing they had a trip planned in the next six months. Survey respondents overwhelmingly believed that anticipating a planned trip delivers significant mental health benefits—and a sense of control during a very uncertain time. Source: The Let's Go There Coalition engaged happiness researcher Michelle Gielan from the Institute for Applied Positive Research to field this study. The sample consisted of 263 U.S.-based adults, aged 18 and older. The online survey was conducted August 21-24, 2020.
- Survey respondents strongly agreed with the following statements:
  - Simply knowing there was something to look forward to would bring me joy: 95%
  - Planning travel for some time in the next six months would bring me happiness: 80%
  - Planning something would make me feel more in control amidst so much uncertainty: 74%
  - Getting to travel and feeling safe while doing it would bring me peace of mind: 96%
- Similarly, a 2010 study found that all vacationers experienced a significant boost in happiness during the planning stages of a trip because, as the researchers

suggested, people look forward to the good times ahead. Furthermore, there's an art to anticipation. Elizabeth Dunn, a professor of psychology at the University of British Columbia and a leading happiness researcher, says that savoring is an active—not passive—process.

When asked what describes the ideal vacation during the pandemic, the majority of respondents cited three things:

1. A relaxing vacation
2. A vacation less than a week long
3. A vacation to a domestic destination

So, this brings a question to mind for you...Have you made any vacation plans for the Summer 2021? Living amid a pandemic doesn't mean we have to stop being creative and planning for time to refresh.

Need ideas? Here are some places that include social distancing if you decide to venture out - [Best-Places-to-Travel-in-2021](#) and some local awesome places to travel - [25-Places-That-Should-be-on-Your-Texas-Bucket-List](#)

You can also plan to visit our very own Work Life Journey website where we dedicate a whole page to travel suggestions [HSCCP Work Life Journey Website - Travel/Vacation Tips](#)

Also, keep in mind that while many of us can envision taking a road trip or booking an adventure to a secluded resort, some of us are simply not ready to gather with large crowds or venture out to places that may not require appropriate social distancing. In these cases, consider planning a STAYCATION - [Staycation-Ideas](#)

Looking ahead to your next adventure could benefit your mental health! So, consider thinking about your next vacation now. Be sure to email the Work Life Journey Committee a summary of all the fun and relaxing things that you do on your trip as well as photos. We would love to share them as we continue to foster and support wellness efforts for the college.