

Travel is Good for You!

by BZA therapist Jennifer Menegon, LCPC

"Once a year, go somewhere you have never been before." –**Dalai Lama**

Traveling is exhilarating and exciting. There is "work" that goes into travel, like planning, timing and cost. The value of resetting, resettling, exploring, immersing, and integrating is well worth the "work". Travel highlights our adaptability, acceptance, and takes us out of our comfort zone. Travel can also improve our mood, lessen anxiety and help us to rebalance. Vacationing can help to renew our perspective and find solutions to things that have been unclear. Stepping away from the daily grind and going away is freeing. It's healthy to get a taste of what a less stressed version of you can be. It doesn't matter if you go to the beach to relax and unplug or you go to the mountains to explore. Just go!

Science agrees that there are many health benefits, especially mental health benefits for kids and adults. Your vacation doesn't have to be long. "Most people have better life perspective and are more motivated to achieve their goals after a vacation, even if it is a 24-hour time-out," psychologist and stress expert Francine Lederer. Research from the TCRS and GCOA study published by the U.S. Travel Association found that **children between the ages of 12 and 18** who travel outside of their region perform better in school. In addition to being more interested in their studies, kids who travel are more likely to earn college degrees. The study may seem biased toward children of wealthier parents with more money to travel, but researchers confirmed that kids from a wide range of social classes were examined. The results were consistent across all classes.

Women who took a vacation every six years, or even less often, had a significantly higher risk of heart attack or coronary death than women who took a vacation at least twice a year. Similarly, **men** who didn't take annual vacation showed a 20-percent higher risk of death and a 30-percent higher risk of death from heart disease.

During **midlife and older years**, travel takes on a whole new importance. More than a third of all leisure travelers in the US are over 55, according to AARP, and half of all money spent each year on travel is by this age group. Because lifestyle enrichment plays a critical role in maintaining brain resiliency as we age, high levels of travel among older people can be great for our brain health. How a person *lives each day* can make a huge difference in keeping brains healthy, even influencing the delay or prevention of dementia and Alzheimer's Disease.

So, if you are able....

GO SOMEWHERE ...It's good for you!

Source: Global Coalition on Aging(GCOA) and Transamerica Center for Retirement Studies® (TCRS)

<https://www.businessinsider.com/vacation-health-benefits-2018-8>

https://www.huffingtonpost.ca/discountmyflightsca/travel-is-good-for-you-says-science_b_10442996.html