

Why Travel Is Good for You— and Your Career

For Women & Co. by [Stephanie Taylor Christensen, Wellness on Less](#) 



“Vacations help us reduce cortisol levels, which gets female hormones back in sync (high cortisol deregulates hormones), and allow us to disconnect so we can recover,” says women’s health and success coach [Jennifer Racioppi](#) . “This leads to greater levels of happiness and pleasure—important ingredients for successfully managing stress and going the distance with our bigger professional goals.”

You may even find that you return from vacation with a renewed sense of creativity for your work—by way of something as simple as taking leisurely walks on the beach. Marily Oppezzo, PhD, who recently measured the creativity levels of stationary test-takers against those who completed tasks in motion, found that walking (especially outdoors) improves creativity—and has lasting residual effects. “Incorporating physical activity into our lives is not only beneficial for our hearts—but our brains as well,” says Oppezzo.

Your Relationships

Could your romantic life with your spouse or partner use a pick-me-up? Renew your passion on the road! A recent survey conducted by the [U.S. Travel Association](#)  revealed that 83% of those who travel as a couple said the romance is still alive in their relationship; 72% of the couples surveyed said their travels actually inspire more romance.

Travel isn’t just beneficial because you get a chance to broaden your horizons, forget about your life stress, and catch up on some much needed “me time.” As it turns out, getting away from it all has proven physical and psychological benefits that can enhance your personal and professional life. Here’s how.

Your Career

Burning the candle at both ends in your career? You can help improve your productivity, stress, and job satisfaction by simply getting away for a bit.

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Relationship expert and author [April Masini](#) says vacations can also provide a renewed sense of connection to the outside world for single ladies. “Mental health sags when relationships falter or fail to surface for singles,” she says. “Travel gives you something in common with others, and that commonality not only makes you feel good about yourself, but it also binds you to people with similar interests.”

Your Health

Travel not only gives you an opportunity to step out of the routine of your daily life—it may actually help extend the quality and duration of it. According to “[Destination Healthy Aging: The Physical, Cognitive and Social Benefits of Travel](#),” a joint study conducted by the Global Coalition on Aging and Transamerica Center for Retirement Studies (TCRS), women who vacationed at least twice a year had a significantly lower risk of developing a heart attack or coronary death, compared to women who vacationed every six years or less. The same study revealed that one quarter of the retirees surveyed regret not having saved enough money to travel in their later years, so consider ways to ease the financial strain of your vacations now, so you can take even more of them in the future.

To plan a relaxing, restorative vacation without blowing your budget:

- Use the right tools to find the best deals—and avoid travel stress. Check out these tips on the [best apps and web sites](#) to help make air travel a breeze.
- Check your credit card for travel benefits and discounts before you book—some offer access to discounted hotel rates or other perks. The [Citi® Hilton HHonors™ Visa Signature® Card](#), for example, provides cardmembers with HHonors Silver status at over 4,000 hotels and resorts within the Hilton Worldwide portfolio, and access to Visa Signature benefits such as discounted car rentals and airport parking. Select Hilton HHonors properties also feature free in-room and lobby Wi-Fi internet access and complimentary breakfast.
- Set some ground rules for your vacation spending before you go, so that you’re able to enjoy every minute—without going overboard. For advice, check out our [7 Strategies for Smart Vacation Spending](#).

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