

Going On Vacation Can Reduce Stress Even After You Get Back

(NAPSA)—The numbers are in and it seems the news has Americans stressed out. A survey commissioned by Travelocity of more than 1,500 Americans shows that current events have almost half (48 percent) of those polled more stressed out now than one year ago and of those, 40 percent say that they are “much more stressed.”

While in recent years unique and intense activities like ecotourism and adventure travel have become increasingly popular, the self-reported stress level of Americans may indicate that this is the optimal time to return to the original purpose of a vacation—rest and relaxation.

But what kind of travel is most restful? Travelocity turned to its community of expert travelers, the “Gnational Gnomads,” to offer professional insight into this question.

The most commonly named activity was, unsurprisingly, a spa treatment. According to Gnational Gnomad Ava Roxanne Tritt, aka Spa Travel Gal, “There is nothing like luxuriating at a spa to truly recharge. And best of all, a great spa treatment can be part of an adventure across the globe or the highlight of a staycation across town.”

Second only to spas as a restful travel option was to explore and enjoy local sights. Gnational Gnomad Kirstin Maxwell, founder and editor of kidsareatrip.

COMPARED TO THIS TIME LAST YEAR...

47.8% of all Americans surveyed are feeling **MORE STRESSED** compared to only 28.3% who feel less so



WOMEN

are far more likely to be feeling “**much more stressed**” (a 7 on a scale of 1-7) than men. Over 20% in April compared to only 17% of men



If you're like most Americans, you need a vacation. Fortunately, taking one can be simpler than you realize.

com, says, “For too many people, sightseeing becomes a race to check places off of a list. Sightseeing should be about experiencing the people and culture of a new place, not just a mad dash to take selfies at the most popular landmarks.”

Understanding that part of a relaxing vacation is not having to worry about unforeseen problems, Travelocity recently instituted a “Customer First Guarantee,” a program that offers hotel changes, free flight changes within 24 hours of booking, and a price match guarantee, among other services. It also features class-leading social media customer service. Online analytics firm Socialbakers recently ranked Travelocity as the most responsive full-service online travel agency in the U.S.