

### Guilty Vacation Syndrome: A Growing Affliction

(NAPSA)—A recent poll revealed that 90 percent of the people surveyed are not taking or are delaying their summer vacation this year because of what some call a new malady—Guilty Vacation Syndrome, or GVS.

According to those in the leisure and travel industry who coined the term, GVS is defined as the nagging urge to cancel or delay vacation due to guilt. For instance, there are reports that bad economic news coupled with companies cutting back on people and programs is leading many to feel that despite wanting a vacation, they shouldn't take one.

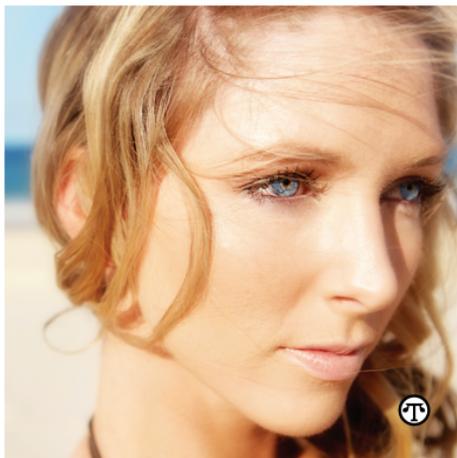
#### Missing Out On The Benefits

A recent survey reported by the American Resort Development Association (ARDA) on its consumer Web site, VacationBetter.org, indicates a number of people are not taking or are delaying their summer vacation this year because they feel guilty about what might seem like a luxury in these tough economic times.

"People with 'Guilty Vacation Syndrome' must put their health first," said Howard Nusbaum, ARDA president and CEO. "There has been substantial research affirming the physical and mental benefits for taking time to get away and recharge. And in stressful times like these, it's even more important."

#### Making A Commitment

According to the association's Web site, there are several remedies for GVS. First, realize that vacations are a necessity—not a



**Experts say there are reports of people cutting back on vacations because they feel—in this economy—a vacation is a luxury.**

luxury. Second, commit to an annual vacation. The benefits associated with such a commitment include stronger ties with families and friends, less stress and better health.

According to one couple who own a timeshare and are committed vacationers, "We have always believed in taking time to vacation. That is why we bought our timeshares more than 10 years ago and have added several weeks since. We don't apologize for taking time out to relax and recharge, and we encourage others to do the same."

Some experts even go so far as to say that one or two weeks away from the daily routine can lead to better job performance and, ultimately, more job security.

For more information, visit [www.VacationBetter.org](http://www.VacationBetter.org).