

# VACATION ESCAPES

## Plan A Vacation, Get Happy

(NAPSA)—It's no surprise that a great vacation can cause a boost in happiness. But did you know that the biggest boost in happiness actually comes from the vacation-planning process, which has a greater impact on happiness than the vacation itself?

That's the word from experts who say that just the anticipation of a vacation can increase happiness for up to eight weeks, according to a study published in the journal *Applied Research in Quality of Life*. To help jump-start your happiness, here are some tips on how to plan a great vacation and get happy.

- **Commit to Regular Vacations:** Americans wasted more than 500 million vacation days last year. To keep from becoming part of this statistic, lock in your vacations now! One great way to ensure you take regular getaways is by purchasing vacation ownership. This travel lifestyle product guarantees that you will have a vacation each year. And through exchange companies like RCI, you can swap your week or points for a stay at one of the nearly 4,500 resorts in more than 100 countries that are a part of its exchange.

- **Choose the Vacation You Need:** Your destination and activities of choice are essential parts of planning the vacation you need. Think about the type of experience you want. Are you stressed at work? Perhaps a beach vacation at a spa resort would provide the relaxation you need to come home rejuvenated and refreshed.

Or have you been feeling stagnated and bored? Then a location with activities like zip lining or scuba diving will give you the adrenaline rush you crave. Also



**Vacation anticipation and planning jump-start happiness—even before you travel.**

think about if you would like a family-friendly resort, or choose an adults-only break if that's what you need. It's your vacation—take ownership of the details.

- **Do Your Research:** With so much travel advice available online, it can be overwhelming to know where to start. Find a site that comes from a name you can trust, and that offers a wealth of advice on many destinations at once. This way, you can compare several location options on one site. Travel guide and travel magazine websites are good sources, as is RCI.com, where you can find information on destinations including area activities, traveler reviews, accommodation recommendations, videos, maps and weather information.

If you're ready to get the vacation-planning happiness boost without a lot of work, RCI's "Win Your Dream Vacation Sweepstakes" has you covered. RCI is giving away 40 vacations in celebration of its 40th anniversary—you can dream up your ideal trip, then share it for more chances to win.

Visit [www.RCI.com/sweeps](http://www.RCI.com/sweeps) to play. The planning alone could boost your happiness.