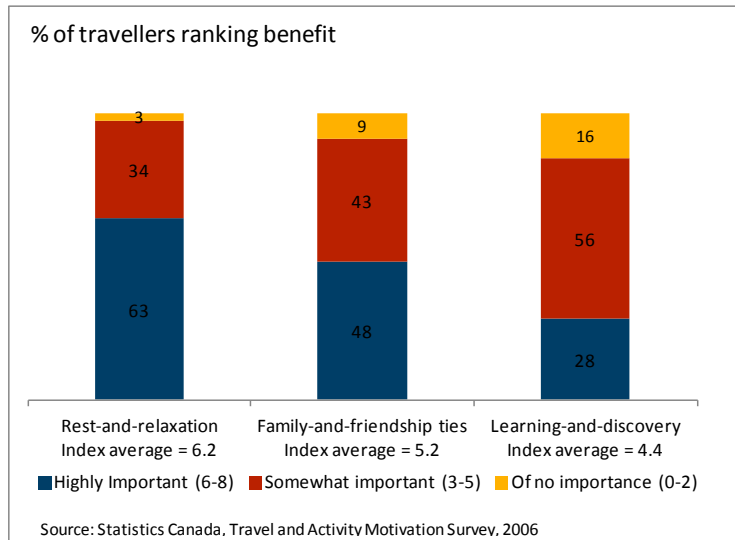


FASCINATING Families

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Family Vacations : Rest, Reconnect and Recharge



Every day, nearly one quarter of working Canadian adults feel “extremely stressed”. Workers with one or two children are more likely to be stressed, as are those who are divorced or living common law.¹ For many of us, a vacation comes as a welcome and necessary release from the daily strains of managing work, family and community commitments. The number of Canadians planning on taking a vacation this year rose to 84%, up 5% from last year.²

Vacation time is often defined family time.³ When offered a chance to vacation with anyone in the world, including solo travel, 50% of Canadian mothers chose their spouse/partner and children.⁴ Forty-two percent said they would bring their parents/in-laws along for the trip.⁵

Technology is changing the vacation landscape. iPads, smartphones and Internet Cafés are making it possible to take work anywhere, including the cottage or the beach. Forty-four percent of Canadians say they receive work-related calls or emails while on holiday.⁶ For some, staying connected to work and home makes vacation time possible, for others, the interruptions interfere with the quality of their relaxation and family time.

Family Lens

Taking time away from the work-life routine is important; it helps relieve stress and provides an opportunity for strengthening kinship ties. It also can help boost productivity in the workplace and bolster the economy through tourism.

Almost half of Canadians don't use all of their vacation benefits, leaving 34 million vacation days unused annually.⁷ Collectively, we all share the costs of unused vacation time in terms of individual productivity, performance, health and well-being and family relationships. Taking the time to rest, reconnect and recharge is necessary and of benefit to us all.

¹ Crompton, Susan. “What’s stressing the stressed? Main sources of stress among workers,” in Canadian Social Trends No. 92

2011002. (11-008-X) <http://www.statcan.gc.ca/pub/11-008-x/2011002/article/11562-eng.htm> (Retrieved May 30, 2012)

² BMO 2012 Summer Travel Survey, June 2012 (Leger Marketing). <http://newsroom.bmo.com/press-releases/no-staycation-more-canadians-plan-to-travel-this-tsx-bmo-201206010794986001> (Retrieved June 9, 2012).

³ Crompton, Susan and Keown, Leslie-Anne. “Going on Vacation: Benefits Sought from Pleasure Travel,” in Canadian Social Trends (Statistics Canada — Catalogue no. 11-008). www.statcan.gc.ca/pub/11-008-x/2009001/article/10850-eng.pdf (Retrieved June 12, 2012).

⁴ Travel Guard/SavvyMom Family Travel Survey, May 2009. www.newswire.ca/fr/story/542129/george-clooney-eat-your-heart-out-canadian-moms-would-rather-vacation-with-their-families. (Retrieved June 6, 2012).

⁵ Travel Guard/SavvyMom Family Travel Survey, May 2009. www.newswire.ca/fr/story/542129/george-clooney-eat-your-heart-out-canadian-moms-would-rather-vacation-with-their-families (Retrieved June 6, 2012).

⁶ Randstad. “Personal Contact Preferred Dealing With Information Overload, Job Satisfaction and Mobility,” in Randstad Workmonitor Global Press Report, Wave 1 (March 2012), p.15.

www.randstad.com/press-room/randstad-workmonitor/randstad-workmonitormarch2012.pdf (Retrieved June 7, 2012).

⁷ Expedia Inc. Vacation Deprivation Survey, May 2009 (Harris/Decima). www.expedia.ca/daily/enc4105/service/press/releases/2009/0509-vacation-deprivation.asp (Retrieved June 4, 2012).