

Research proves: Traveling makes you smarter and healthier

Here is the study proving that traveling helps you be smarter and healthier. Invite everyone to consult!

1. 23 unique hotels "just look and want to stay right away"
2. 15 famous tourist destinations are far different than imagined
3. New research shows: Money can really buy happiness!

In a growing world today, it's hard for each of us to spend a **break** . I don't mean to take a quick 15 minutes to drink a cup of coffee that I want to mention a day of rest, a day **away from the pressure of work** , to remove the responsibilities of everyday life . What I want to mention is a holiday, or a trip through the United States, for example.



In a new study recently, current young American citizens mostly skip vacations to work, tightening their work schedules to show the level of loyalty to the company. Managers seem to appreciate their contribution and work but their bodies, their concentration and their souls seem to be waiting for a break.

Why do you need to experience your body, brain and soul as a backpack and go? Because when traveling, it helps you feel better and more creative.

True, traveling has a positive impact on creativity as well as helping you to reduce stress, improve health both physically and mentally.

Experience increases creativity



No one is too busy to be creative! For most cases, creativity is almost entirely through new experiences and new experiences. But meanwhile, the most interesting daily tasks of many people are going back and forth from home to company, chatting with colleagues. This limits your potential for expansion and inspiration.

Professor and writer **Adam Galinsky** said ' *experiences of other countries will increase the flexibility of perception and interaction depth in thinking, the ability to connect deeply between different types* '. Basically, all the sounds, smells, and scenes trigger the creation of brain synapses.

So how can you make those synapses catch fire? Take your backpack up and go.



Writer **Ernet Hemingway** and **Mark Twain** use experiences around the world to portray through their words.

Hemingway's novel clearly inspired everyone during his time in France, Spain and Twain's Mediterranean tour of the **Innoncent Abroad** diary. Their notes have given new experiences as well as different points between cultures and from here help them write their own masterpieces.

Getting up early in another country or just another part of the country will help you **expand your understanding** . You can try a strange dish, visit famous lands or wander through the mountains, befriend the locals. Simply immerse yourself in other air for a few days to inspire yourself as well as stimulate your creativity, taking it to a new level. **You not only feel more creative but also feel happier and stronger.**

Traveling helps improve health

Tourism helps increase brain health



Your brain health also has great benefits of traveling. A survey conducted by the American Tourism Association found that traveling, especially for retired people, helps prevent dementia and especially Alzheimer's disease.

The study also found that 86% of travelers are satisfied with their lives, compared to 75% of those who are not traveling.

Traveling helps your heart get better



Not only enriching the creativity of the brain, traveling can also improve physical health, especially the circulatory system. A recent discovery of the cardiovascular Framingham organization indicates that people who do not travel for a certain number of years have a higher stroke rate than those traveling annually.

Why?

Because people who get out of work and housing are less likely to experience stress and reduce cardiovascular stress. The truth is that people who travel say that their stresses and worries are almost over after they return home after the holidays.

Tourism helps the body more flexible

A tour helps you be more active. You go out to explore the surroundings, walk to markets, wander through trails, or even laugh out loud at the beach. Breathe in fresh air and see the landscape with your own eyes. You even end the trip on the bus after a few mornings; You still do more than sit and work at work or watch TV at home.

Best of all, travel makes you happier



It is not just a trip that helps you feel better, it is to complete a plan, leave the house, and return with all the experiences you have experienced. That will help you feel better.

A **Cornell** study in 2014 showed that people who experience happiness only know where they go on vacation than knowing what they pursue. Another study completed in 2002 by a professor at the University of Surrey indicates that people are happiest when they know the holiday is coming. Therefore, only a trip planning action can significantly improve your health.

This is not difficult to imagine. Imagine the excitement when you plan a vacation, the joy of planning a journey, when arranging for a good trip, telling your family and friends where you will be next. All of these things will positively affect you.

So plan your trip now, book tickets for your next destination on your list, arrange luggage and passports. **Let your mind absorb creativity as well as shake off stress during the trip.**

See also: 13 useful tips for those who like to travel

Having fun!

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