

How does a vacation from work affect tourists' health and well-being?

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Vacation is a prime candidate to protect workers against stress, but empirical evidence about vacation effects on health and well-being (H&W) is scarce. Our research questions were: 1) Do H&W improve during vacation?, 2) How long do vacation effects last after work resumption?, 3) How do vacation activities and 4) experiences relate to changes in H&W during and after vacation? These questions were addressed by conducting three longitudinal field studies on four different vacations. Holidays positively affected employees' H&W during vacation. However, positive effects vanished rapidly after work resumption. Especially vacation experiences were associated with improvements in H&W across vacations.

In S. Filep & P. Pearce (Eds), *Tourist experience and fulfilment: insights from positive psychology*. Oxford: Routledge