



# AMERICANS NEED A SUMMER BREAK MORE THAN EVER

Due to current events, Americans are more *stressed out* this year than ever before!

COMPARED TO THIS TIME LAST YEAR...

**47.8%** of all Americans surveyed are feeling **MORE STRESSED** compared to only 28.3% who feel less so



## WOMEN

are far more likely to be feeling **"much more stressed"** (a 7 on a scale of 1-7!) than men. Over 20% in April compared to only 17% of men



While 34% of people living in the South feel less stressed than last year, only 26% of those in the Northeast feel that way. *Inversely that means* —

**74%** of **NORTHEASTERNS** are now as stressed or MORE

**66%** of **SOUTHERNERS** are at least as stressed as they were this time last year

The state with the highest percentage of people feeling **"much more stressed"** than this time last year is



**WASHINGTON** with 43% of respondents



We polled our Gnational Gnomad community of travel experts to get their favorite ideas for a relaxing getaway.

THE OVERWHELMING FAVORITES...

**DISCONNECT** by taking an indulgent



**SPA TREATMENT**



Take time to **EXPLORE LOCAL SITES**

**RECONNECT** with the earth on a



**NATURE HIKE**



Soak up some sun and **RELAX** at the

**BEACH**

HOW WOULD YOU DE-STRESS ON YOUR SUMMER BREAK?



INFOGRAPHIC by HAILEY HIRST

### SOURCES

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