Building the Case for Plan Your New York Vacation Day

References:

- Fritz, C., & Sonnentag, S. (2006). Recovery, well-being, and performance-related outcomes: the role of workload and vacation experiences. *Journal of Applied Psychology*, *91* (4), 936.
- Gump, B. B., & Matthews, K. A. (2000). Are vacations good for your health? The 9-year mortality experience after the multiple risk factor intervention trial. *Psychosomatic Medicine*, *62*(5), 608-612.
- Hilbrecht, M., & Smale, B. (2016). The contribution of paid vacation time to wellbeing among employed Canadians. *Leisure/Loisir*, 40 (1), 31
- Isham, K. (2021, June 15). *Importance of taking a vacation*. 7 Reasons Why Vacation is Important | Benefits of Taking a Vacation. Retrieved November 19, 2021, from https://www.allinahealth.org/healthysetgo/thrive/importance-of-taking-vacation.
- Joudrey, A. D., & Wallace, J. E. (2009). Leisure as a coping resource: A test of the job demand-control-support model. *Human Relations*, *62* (2), 195-217.
- Perlow, L. A., & Porter, J. L. (2009). Making time off predictable--and required. Harvard business review, 87 (10), 102-9.
- Quigley, P. (2011, August 12). Vacations Help Job and Health, But Americans Skip Them. ABC News. Retrieved November 19, 2021, from https://abcnews.go.com/Technology/vacations-2011-time-off-improves-productivity-reducing-stress/story?id=14293331.
- RewardExpert. (2015). Average Cost of Vacations by State. Retrieved November 17, 2021 from https://www.rewardexpert.com/blog/studies/average-cost-of-vacations-by-state/
- Robinson, A. (2017, July). Four reasons to take a vacation.

 https://www.apadivisions.org. Retrieved November 19, 2021, from

 https://www.apadivisions.org/division28/publications/newsletters/psychopharmacology/2017/07/vacation?_ga=2.1557
 14619.1442993302.1525875167-1891458207.1525875167.
- Schwartz, T. (2016). The Vacation Effect. In *Way we're working isn't working*. book chapter, Simon & Schuster Ltd.
- Strauss-Blasche, G., Ekmekcioglu, C., & Marktl, W. (2000). Does vacation enable recuperation? Changes in well-being associated with time away from

- work. Occupational medicine (Oxford, England), 50(3), 167–172. https://doi.org/10.1093/occmed/50.3.167
- U.S. Travel Association. (2020) National Plan for Vacation Day. PDF. Retrieved November 17, 2021, from https://www.ustravel.org/sites/default/files/media_root/document/NPVD_FactSheet-2021.pdf
- U.S. Travel Association. (2021, January 22). National Plan for Vacation Day. *National Plan for Vacation Day Arrives Not a Moment Too Soon*. Retrieved November 17, 2021, from https://www.ustravel.org/press/national-plan-vacation-day-arrives-not-moment-too-soon.
- U.S. Travel Association. (2021b). About National Plan for Vacation Day. PDF. Retrieved November 17, 2021 from https://www.ustravel.org/sites/default/files/media_root/document/NPVD_OnePager-2021.pdf
- U.S. Travel Association. (2018) State of the American Vacation. PDF. https://www.ustravel.org/sites/default/files/media_root/document/2018_Research_ <a href="https://www.ustravel.org/sites/document/files/media_ro
- U.S. Travel Association. (2019). Because Americans Still Need to Take All of Their Time Off. PDF. Retrieved from https://www.ustravel.org/sites/default/files/media_root/document/NPVD19_FactS-heet.pdf
- World Population Review. (2021). New York Population 2021. Retrieved November 17, 2021 from https://worldpopulationreview.com/states/new-york-population
- Zenefits. (2019). The State of PTO in Small Businesses. PDF. Retrieved November 19, 2021 from https://learn.zenefits.com/rs/180-GFH-982/images/state_of_pto.pdf?mkt_tok=MTgwLUdGSC05ODIAAAGA2IS2LJFwuwn0rpUxjbPcOPaYiGvMVtRU6ZuS_oOnPm6XdGOhdHaYySifIreKtrsQo_ofb56WA_wuhZ6JWOQiJiSQrPxp7pUC3wRgXqmqo5yR