

Make Vacations a Priority

Achieving work-life balance helps keep officers engaged and passionate about the USPHS mission. An essential document to promote and enhance morale, welfare, and recreation (MWR) for PHS officers and their families is the JOAG MWR Resource Guide found at <https://dcp.psc.gov/osg/JOAG/resources.aspx>.

Better Physical Health

Taking a vacation every two years, compared to every six years, lessens the risk of coronary heart disease.

More Productivity

Taking time off has restorative power and after returning from vacation, 34% of survey responders reported feeling better about their job and feeling more productive.

Closer Family Relationships

Vacations with family or friends increases bonding. Even if your family vacation has its challenges, the benefits of shared family memories often outweigh the stress.

New Perspectives

You may think of a great idea while away from your job. Being away from the problems and stresses at work may allow you to gain a better perspective.

Prevent Burn Out

Vacations help reset your mind. The time away from work allows you to relax and get away from work stressors.

Improved Mental Health

Feelings of calm arise and relieve stress, which allows the body and mind to be restored in ways that it could not be if you were still under pressure.

Need another reason?



Effective January 3, 2016, Disney Military Promotional Tickets may be purchased by active or retired members of the Commissioned Corps of the Public Health Service and their spouses. See full information at <https://disneyworld.disney.go.com/special-offers/military-multi-day-tickets/>.