

Study: Vacation can lead to resume updating

By Ryan Grenoble, Huffington Post

A study confirms what we've long suspected: Vacations are great for mental health and bad for jobs you hate.

The survey, conducted by Monster.com, found 70 percent of people are more likely to look for another job after they return from vacation. The results are based on a poll of more than 1,200 people who visited Monster's website in the U.S. between July and August of this year.

"Vacations are a great time for self assessment. They offer free time, relaxation and detachment from your day-to-day routine," explained Mary Ellen Slayter, Career Advice Expert for Monster.com, in a press release.

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