

The American Institute of Architects

AIA Michigan
4219 Woodward Ave.
Suite 205
Detroit, MI 48201

T (313) 965-4100

www.aiami.com

Hello Everyone,

We are in the middle of summer! For many of us AIA Michigan's Mid-Summer conference is the symbolic middle, the half-way point between the 4th of July and Labor Day, and that is only a week away. Dare I say it, but the days have been getting shorter for over a month now. I hope some of you have been taking the time for a good break or vacation or have one planned. There have been numerous articles and studies written on the benefits of vacations. A 2017 Expedia study revealed the following.

The benefits of vacation are widespread, with Americans returning from vacation happier (96 percent), better rested (93 percent), less stressed (94 percent), in better health (93 percent) and closer to their partner or family (90 percent).

Professionally, taking time away results in a better attitude when returning to the office (60 percent), with the added benefits of being more focused (40 percent), more productive (46 percent) and more relaxed (68 percent).

Furthermore, almost two-thirds of workers globally (65 percent) feel that being vacation deprived results in decreased productivity. Possibly related: almost half of Americans (48 percent) confess they regularly spend time at work dreaming and planning future vacations.

More than disconnecting from work (61 percent) and exploring a new place (62 percent), Americans say *it's spending quality time with family or friends* that makes them happiest on vacation (69 percent).

Many people agree we probably could use a vacation now more than ever, but some are reluctant to plan a vacation if it isn't to an interesting place or with a lot of activities involved, so they don't want to "burn" their vacation on just taking time off. We are blessed in Michigan. Many of us are a half hour to an hour from a lake or a body of water, with many quaint port towns. This could be the year you visit one or more of Michigan's coastal towns with their architectural history and character. Marquette, Escanaba, Petoskey, Frankfort, and Saugatuck to name a few. England has seen a resurgence in people visiting places within the United Kingdom instead of travelling to other parts of Europe or beyond. It has likely given a boost to those local economies.

If you do take a vacation or a long weekend, try to stay disconnected. People who continue to check email or conduct work while on vacation significantly diminish the benefits of their vacation the more, they stay connected. I encourage you to take your vacation and support and respect your coworkers who are taking time off as well. You and your coworkers will be better off in the long run. There is still a lot of time to get out and enjoy summer!

Finally, as I mentioned, the Mid-Summer conference is a go for this year. A couple of events will be streamed as webinars. AIA National economist Kermit Baker will be giving an economic update and forecast on August 7, which all AIA Michigan members can attend for free, I encourage you to attend!

Stay safe!



Norman Hamann Jr. AIA, NOMA