



America's Work-hard Culture Sees Rise in Stress Levels, Less Ability to Truly Let Go and Relax

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More Than Half of Americans Use Vacations Days for Anything Other than Actually Vacationing

SANTA CLARITA, Calif. (August 12, 2015) – Americans are hard workers, but when it comes to taking a break, they may need some advice. According to results released today from [Princess Cruises'](#) sixth annual Relaxation Report, over half (54%) of Americans spend their vacation days dealing with personal obligations such as family emergencies, doctor's or dentist's appointments and sick days for their children or loved ones rather than actually vacationing. And the mere thought of asking their boss for a few extra days off causes more stress than asking for a pay raise for nearly a quarter (22%) of American workers, according to the recent survey by Wakefield Research for Princess Cruises.

On this National Relaxation Day (Saturday, August 15,) the idea of stress and relaxation is an important discussion to be had with our 24/7 always-on American culture. Stress triggers are on the rise with nearly a one-third of people who get stressed at just the thought of relaxing, up from 28-percent in 2014. And 42-percent frequently feel guilty about relaxing, also up from 38-percent last year. For more than a third of Americans (36%), it's even more difficult to find time to relax than to live within their budget!

"In the six years that Princess Cruises has commissioned this survey, we've continued to see stress levels rise year after year ..." said Jan Swartz, Princess Cruises president. "We aren't giving ourselves permission to truly let go and relax, and whether that's because of the demands on our intense lives or our own guilt, this is an unsustainable trend that can have a genuinely adverse impact on our society as a whole."

Even summertime brings no reprieve. Despite the sunshine, warm weather and break from school schedules, more than three quarters (77%) of parents are busier during the summer months compared to the rest of the year. That's due in part to the stress that comes with planning – and taking – an actual vacation for half (50%) of Americans who find things like research and handling travel logistics stressful, and over half (55%) who return feeling the need for a vacation from their vacation.

On the optimistic side however, Americans still believe they can achieve the dream of finding relaxation, with two-thirds (66%) who agree that taking a cruise would be the best way to experience life and relaxation all in one vacation. Proudly, Princess Cruises offers an array of options for any traveler looking to "[come back new](#)" aboard its worldwide fleet of ships in exotic destinations.

Additional information about Princess Cruises is available through a professional travel consultant, by calling 1-800-PRINCESS (1-800-774-6237), or online at <http://www.princess.com/>.

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About the 2015 Survey

The Princess Cruises Relaxation Day 2015 Survey was conducted by Wakefield Research (www.wakefieldresearch.com) among 1,000 nationally representative U.S. adults ages 18+, between July 23-July 29, 2015, using an email invitation and an online survey. Quotas have been set to ensure reliable and accurate representation of the U.S. adult ages 18+. Results of any sample are subject to sampling variation. The magnitude of the variation is measurable and is affected by the number of interviews and the level of the percentages expressing the results. For the interviews conducted in this particular study, the chances are 95 in 100 that a survey result does not vary, plus or minus, by more than 3.1 percentage points from the result that would be obtained if interviews had

been conducted with all persons in the universe represented by the sample.

About Princess Cruises:

One of the best-known names in cruising, Princess Cruises is a global cruise line and tour company operating a fleet of 18 modern cruise ships renowned for their innovative design and wide array of choices in dining, entertainment and amenities, all provided in an environment of exceptional customer service. A recognized leader in worldwide cruising, Princess carries 1.7 million guests each year to destinations around the globe ranging in length from three to 111 days. The company is part of Carnival Corporation & plc (NYSE/LSE:CCL; NYSE: CUK).

Newsroom:

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