

The Importance of Using Your PTO

Work demands may impact your physical, mental, emotional, and social well-being over time. Paid Time Off (PTO) can reduce the risk of potentially serious consequences of stress and burnout by providing an opportunity to take a break, relax, and recharge. Plus, you work hard and have earned it!

BURNOUT

65%

of employees say that if employers encouraged time off, it would help with their experience of burnout.⁴

HAPPINESS

68%

of employees who reported that their company encourages vacation (68%) are much happier.⁵

Using your PTO has its benefits:

It decreases burnout

When you take time to relax, you are less likely to experience burnout, making you more creative and productive than your overworked, under-rested counterparts¹. Plus, when you avoid burnout and stress, you reduce your risk of a variety of other ailments like medical concerns!

It improves your mental health

Taking the time to get away can improve your mental health by reducing depression and anxiety. Regardless of whether or not you travel, time off can improve your mood and reduce stress by giving you a break from the activities and environments that you may associate with stress and anxiety².

It makes you feel good

Simply put, taking time off allows you time to do other things that make you happy. When you are doing something that makes you happy, like spending time with family or traveling, you feel good. In fact, you may be activating important reward pathways in your brain to stimulate the hormones and neurotransmitters that give you a sense of well-being and happiness. As you probably know from your own experience, when you feel good it's just easier to take care of yourself, your work, and your loved ones.

Redefining vacation

Taking time away doesn't necessarily mean a luxury vacation in a tropical paradise. It can be as simple as a staycation or a weekend getaway. The important thing is that you take a break from everyday life and have the space to refresh and recharge. Even the act of planning a vacation or looking forward to a staycation can be beneficial. It gives you something to look forward to and can boost your mood and energy levels. Planning also allows you to use your imagination and creativity.³

Sources

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