

INVESTING IN YOUR VACATION

Why do most avoid this important investment?

Why do so many of us not use our vacation days? Salespeople talk about “leaving money on the table.” Well, employees leave vacation on the table. And the cost to us is significant.

In fact, Americans leave 429 million vacation hours on this proverbial table, according to a report from Forbes. And USA Today reports that, according to their study, over 30% of employees do not use all of their vacation days.

When we discuss investing, we talk about putting money aside in order to make a profit. Maybe we should talk about another investment that could pay dividends in your career, which is, of course, the place where you make your money. Is investing in vacation a good idea, or just hokey, happy talk?

REASONS THAT PEOPLE SKIP VACATIONS

I'm afraid that I'll be fired.

A hard worker should keep his nose to the grindstone and perform.

I don't want my colleague to impress the boss more while I'm away.

These reasons are largely self-imposed. Most managers understand the benefits of vacation to their employees, not only for employee morale but also for his or her performance on the job.

STUDY RESULTS

Research studies support the idea of taking your vacations. A University of Pittsburgh study found that leisure activities, including vacations, contributed to less depression and more positive emotions, along with lower blood pressure and smaller waistlines.

These results are not surprising, since vacation reduces stress.



According to Forbes, not using vacation time is bad for business.

Importantly, the health benefits of vacation result in employees missing fewer days for illness and less time for medical appointments.

BENEFITS

So, based on the studies and the interviews of managers and executives, what are these benefits of taking a vacation:

- Reduce stress, which helps in so many ways.
- Increase productivity at work, after you return.
- Increase creativity, for those times when a better approach or new idea is needed.
- Improve your relationships with other workers

Of course, things that help you at work also help your company. And many employers know this, from their experience with other workers and managers who take vacations and then perform better. So, vacations are not only beneficial to you, but they also benefit your company.

Using your vacation time, and using it wisely, helps you to become a better employee, which can only help your company. And most managers

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