Why you need a vacation

If your time off is accruing year after year, you might be missing out on one of the secrets to being a good employee.

It's time to take a vacation!

While many people are reluctant to be away from their jobs, a vacation can make you a better employee.

VACATIONS ARE REFRESHING
A week off can leave you feeling rested and energized. You'll be ready to dive into work with renewed vigor.

GOOD FOR MENTAL HEALTH
Taking a break from your daily routine allows your mind to let go of stress and anxiety. When you return to work, you might find you have a better mental outlook.

INCREASE PRODUCTIVITY
Studies have shown that people who take regular vacations are more productive when they return. Time away might be just what you need to become even better at your job.