

Encouraging Your Employees To Take Vacations

According to the 2018 State of American Vacation survey, over half of Americans leave vacation days on the table. Combined, that was more than 705 million vacation days.

Employees didn't take time off because:

- They feared looking replaceable
- Their workload was too heavy
- There was a lack of coverage for them at work

There are both health and business benefits when your employees take vacations, making it advantageous for your employees and your business.



Health benefits:

- Stress reduction
- Improved cardiovascular health
- Improved sleep

Business benefits:

- Increased employee productivity
- Increased employee engagement

Here's how you can encourage your employees to take their vacation time:

- Set an example by making sure leaders use their vacation time.
- Don't punish them for taking time off.
- Determine what's critical that needs to be done while they're gone.
- Give vacation days as a reward.
- Change your time-off policies.

Sources: inc.com, ustravel.com, takebackyourtime.org, hbr.org, cbsnews.com, resources.workable.com*

Join us for our next weekly meditation session on your computer or mobile device:

Topic: Be Optimistic Meditation

Wednesday, July 10, 2019

8 to 8:10 a.m. Eastern time

[Register today.](#)

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