

# 6 Benefits of Time off for the Holidays



If you're a business professional, entrepreneur or marketer, then hopefully you are taking time from work to spend with your loved ones this holiday season. While work is definitely a value in life, family and friends matter even more, because they give us people to share it with.

However, some people and companies often fail to see the value in time away from work—even during the holidays. This could not be further from the truth. In fact, objective studies have shown the positive effect time off can have on a person's work. To explain, we developed six benefits of time off for the holidays.

## 1. Closer family relationships.

One major benefit from taking time off of work is more family bonding time to build closer family relationships. When workers spend genuine, quality time with their loved ones, they establish closer relationships overall, which can actually influence their work. Family time together—such as over the holidays—can increase family bonding and establish positive familial ties. This makes workers happier, healthier and more focused during their work hours.

## **2. Mental reset.**

Of course, taking time off during the holidays is also a great mental reset for workers. When employees are constantly stuck in work mode, their brains can feel overwhelmed with stress, anxiety or information with everything going on. However, having time to relax and clear their heads gives employees the rest they need to mentally reset during the holidays.

## **3. More productivity.**

Not to mention, this mental reset often results in more productivity when employees return to work after the holidays. According to The New York Times, “The importance of restoration is rooted in our physiology. Human beings aren’t designed to expend energy continuously. Rather, we’re meant to pulse between spending and recovering energy.” Simply put, when employees take time off, they come back more ready-than-ever to work hard.

## **4. Better work/life balance.**

Numerous researchers and studies have discussed the importance of a healthy work/life balance. When employees have time off from work, they re-establish their identities as people, rather than just workers. This balance makes us feel more holistic, relaxed and capable of performing well in all areas of our lives.

## **5. Increased creativity.**

When employees come back after taking time off, their mental reset and increased productivity can also influence their level of creativity. Have you ever been frustrated with a project, then taken a few steps away, and after a while came back with a whole new idea? It’s the exact same case with time off. Time away boosts workers’ creativity when they return.

## **6. New perspective.**

Oftentimes in business, a new perspective is necessary for problem-solving, marketing and even sales. When workers take time away during the holiday season, they often return to

work refreshed and with a new perspective in mind. CNN stated that this scenario is similar to asking a friend for advice on a situation. Because the friend is removed from the event, he or she has a fresh perspective in order to offer sound advice.

While work is an important part of life, nothing beats the value loved ones bring to the table. This holiday season, keep these benefits in mind as you take time off to celebrate with loved ones. Not only will you be happy for time off, but the company will be grateful, as well.

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