

Employees who take their annual leave are
*less stressed, more productive
& happier at work*

WorkScore recently surveyed over 250 employees and found that a staggering one in five haven't taken leave in the last 12 months, 40% feel that their workplace does not encourage staff to take annual leave benefits and 60% felt anxious, guilty or overwhelmed before taking leave.

We have all heard that all work and no play can have an impact on our stress levels and our data confirms that notion; employees who had taken annual leave for a vacation in the last 12 months rated as less stressed at work, had the highest work life balance and are the happiest at work.

WorkScore also asked employees to rate their productivity when at work and found that those who rated below average also felt more anxious and guilty prior to taking leave and 50% of this group still checked in regularly with work emails when on leave.

Those employees that rated above average for productivity felt less anxious and guilty prior to taking leave and only 30% checked in regularly, giving them a chance to switch off from work and relax. They also rated highly that their workplace actively encourages them to take their leave benefits which is a win – win for both business and employee.

Employees are quick to recognise the need for annual leave as a way to improve wellbeing and reduce burnout. The recent WorkScore survey found that employees site preventing “burn out”, exhaustion or stress, improving personal health/wellness and better work life balance as the main reasons they take their leave.

However maybe companies aren't as quick to recognise the need as a staggering 40% of employees rated that work does not encourage leave.

Suzanne Deeming, co-founder of WorkScore, states *“encouraging employees to take their full annual leave entitlement should become a business priority as it improves employee productivity, morale and reduces stress. Workplaces should also discourage employees from working whilst on leave and allow them to fully switch off from work.”*



1 in 5 haven't taken annual leave in the last year

“Before going on leave
60% of employees rated
that they feel anxious,
guilty or overwhelmed.”