



When a Vacation is needed

Are you ready to fly off the handle? Do you feel if your boss gives you one more assignment you will explode in a ball of fury? This might be an overstatement but if you are feeling more stressed than usual and can't remember the last time you had a couple weeks off, then you are in desperate need of a vacation.

Do worry, your job will be there when you return so enjoy your time off, go to an exotic island, take a cruise, or just sit at the local beach. It doesn't really matter where you go as long as you don't think about work.

Think of your life as your cell phone. It will need recharging if it is used often and not plugged into the wall, correct? Therefore, if you work often you will eventually burn out and will not be able to perform at a high level for very long. When you finally come back from your vacation, you will return with a new attitude, new energy and new life.

You should plan your vacation in a timely fashion because you need to have an outline of where and when you want to go. If you plan on taking a 2-week trip then ensure you are not only thinking about that trip but also focusing on your work. The inner politics of an office can get the better of you at any time. Hopefully you work in an environment where you can avoid all the nonsense and focus on your work. If you do work in a place where office politics run wild the sooner you leave the better off you will be.

You may find yourself snapping and becoming irritated at very small problems that occur during work also. When you notice your normal, happy self is a thing of the past then you know you are in need of a long vacation.

When you are unhappy at your work then it can crossover to your home life. Those who are overly stressed from work will display characteristics they might not normally show to their family or friends. The last thing you want is to have your relationship with your wife, husband, boyfriend, girlfriend and children negatively impacted because you are stressed from work.

Taking a vacation when you feel you need to is necessary for you to get back on track (and perhaps be yourself again). Vacations are important because we are not machines. Therefore, we need to experience some pleasure and happiness in order to function properly.

Not many people have the option to take a vacation when they want to. If you have to wait for 3 to 6



months for your next vacation then you might go crazy. Instead of going crazy ask if you can switch vacation days with someone else in the office. If you can't find someone to trade vacation days with then you can ask your boss for an early vacation. If you show that you truly want your vacation and demonstrate you are stressed, your boss or **fellow employees** will probably understand.