



RESEARCH SHOWS TAKING TIME OFF MAY HELP IMPROVE HAPPINESS, PREVENT BURNOUT, AND REDUCE STRESS



Mind

When you're overwhelmed with work it can cause forgetfulness, difficulty concentrating, and more. Taking time off and allowing for rest can help clear your mind and promote more creativity.



Body

Taking time to relax can reduce levels of stress hormones and boost your immune system. Allow your body to rest and recover!



Soul

Let go of daily pressures and focus on yourself. Redirect energy and resources on the work that is important to you. Become more in tuned with yourself to find purpose.

