

CSEAS: Take a Break before you Break!

Benefits of annual leave

The benefits of taking leave and time away from work are well established. Annual leave helps restore energy levels, aids productivity, reduces stress and allows employees to return to work with a fresh perspective. Yet we can be slow to use our leave.

What might be stopping us from taking leave?

I'm too busy

Taking leave may not seem possible. However, the individual costs of overworking or not taking a break range from stress, lethargy, indecisiveness, irritability, exhaustion, presenteeism, burnout and physical illness. Leave is essential to maintain the health and wellbeing of employees.

I'm saving up leave

Travel and public health restrictions may result in us storing leave for use in the future. While it may appear great on paper to have 30 days leave stored up, stress can build up from juggling competing demands.





Wellbeing is a continuous lifestyle choice and not something that can be stored up to be released in one go.

I don't want to take leave

Continuous work might allow us to ignore difficult personal relationships, family dynamics and our own feelings. If this is the case for you please do seek support in addressing these core issues and allow yourself a chance to have restorative breaks.

Leave does not mean holidays

The benefits of switching off and disconnecting from work apply whether we go on holidays or stay at home. Holidays are great but it's important not to equate leave purely with holidays. Having control over what we do with our time is good for all our mental health. Take the opportunity to explore your local community and the amenities near you.

Benefits of leave

- Reduces Stress
- Reset yourself mentally
- Improves Mood
- Reset Sleep Pattern
- Fresh Perspective

- More Productive on return
- Rekindle Interests
- Quality Time with family and friends
- Time to savour sights, tastes and smells
- Reconnect with passions

How to disconnect and reconnect

- Put all work devices away and out of sight
- If working from home reclaim the space
- Review work practices if you feel you can't disconnect fully while on leave
- Have a plan for how you are going to enjoy your leave. Look for activities that help you find your flow and engage you.
- Move your body. Even a moderate amount of exercise and movement of any type can help reduce stress and improve mood.
- Decide who you would like to reconnect with while on leave. Make this an active decision.

It can be difficult to step away from our work at times, but it's important to remember that your annual leave is not a perk or bonus, it is something essential for your wellbeing.



On-duty EAO available at 0818 008120

Monday – Thursday: 9am – 5.15pm

Friday: 9am – 5pm

**Appointments are available evening
and weekends if required**

Email: cseas@per.gov.ie

www.cseas.per.gov.ie

