



Let's Go, PTO

COVID-19 has upended a lot of plans this year. That vacation you had booked is likely off the table. But that doesn't mean you shouldn't take time off! Using your PTO is still important - here's why:

Work-life balance: According to NordVPN, U.S. employees are logging an average of three more hours of work per day than before the pandemic began. Just because you're home more often doesn't mean your brain doesn't need a break. Taking some time off and putting work away will help avoid burnout.

Mental health: Stepping away from work allows you to decompress and focus on yourself. Even if you don't do anything that's conventionally thought of as a vacation, giving yourself a break from routine is great for your overall well-being.

Improved productivity: Once you're back from some time off, you might find yourself with new ideas and new motivation! Days off help you recharge and rest, which can help your work in the long run.

Don't lose your PTO: Make sure you're taking advantage of the days off you're allowed. If any days don't roll over, take them! That way you don't lose any.



According to the Harvard Business Review, 94% of vacations have a good ROI in terms of energy and outlook upon returning to work.

But what should you do with your time?

Since most travel is off the table, this is a perfect time to get creative!

- Staycation in your town. Map out a mural hunt or visit a botanic garden.
- Road trip to a nearby state. Just don't forget to social distance and wear a face covering.
- Get outdoors for a walk or hike. Fresh air will do wonders!
- Read a book. Tackle that thick stack on your nightstand.
- Spend quality time with family. Game night, anyone?
- Reach out to a friend for a virtual meet-up.



Content by Lockton Dunning Benefits with info from <https://www.bloomberg.com/news/articles/2020-04-23/working-from-home-in-covid-era-means-three-more-hours-on-the-job> and <https://hbr.org/2016/07/the-data-driven-case-for-vacation>