

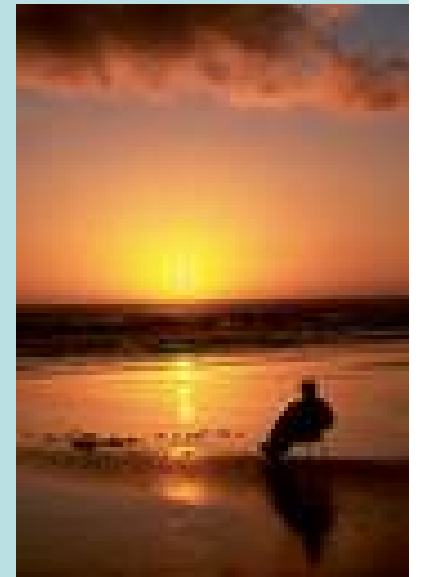


Take a break



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Vacation Data

- Americans work more and longer and vacation less than anyone in the industrialized world
- America is one of the only countries on earth that do not require employees to take a vacation and the time is not mandated by law
- American vacation time is based upon length of employment where the rest of the world it is based upon national law
- A survey stated that 63.3% felt that there is not enough vacation time provided at their place of employment

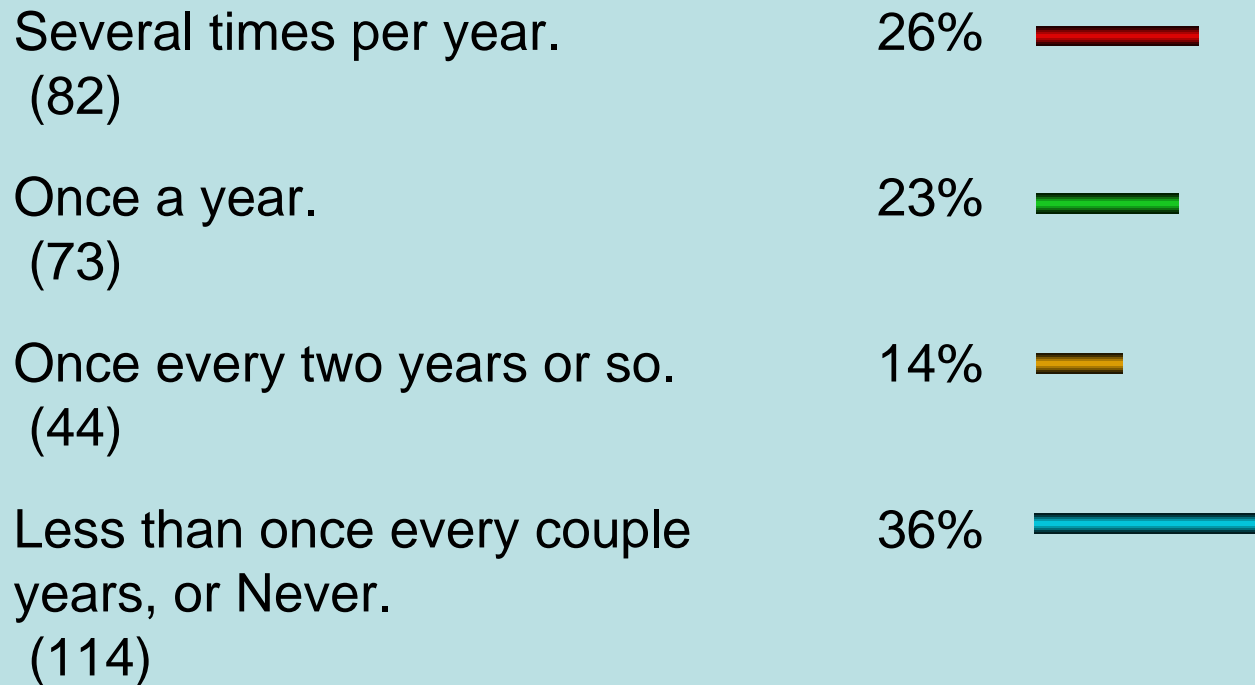
- Another survey said we do not take vacations due to the stress of the vacation. Preparing for it, taking it, ending it and then returning to the unknown at work!
- Many check the voicemail or email of work while on vacation, by not checking them it seems to increase stress – Gee! (33%)
- 40% say that they feel better and actually have less stress when they come back

A few more bits of info

- 30% of us feel over worked
- Job burnout costs over \$300 Billion a year in errors, accidents, medical costs and employee turnover
- The Conference Board, a private research group, found that at the start of the summer, 40 percent of consumers had no plans to take a vacation over the next six months — the lowest percentage recorded by the group in **28 years**

- A survey by the [Gallup Organization](#) in May(2006) based on telephone interviews with a national sample of 1,003 adults found that 43 percent of respondents had no summer vacation plans
- “I realize I just go to work and then home, work and then home — it’s no way to live,” a very familiar statement by many of us

How Often Do You Take Vacations?



Total Votes: 313

As of 5 April 2007

<http://stress.about.com/od/workplacestress/a/vacations.htm>

What to do?

- Have a work buddy! Someone that can cover for you till you return
- Do not read emails or take phone calls, your family will greatly love that
- Remember if you are on the phone or email you are **NOT** with them
 - (your on vacation for crying out loud!)

Are you kidding me?

- For 2007, there is an expectation of 574 million vacation days will be spent **at work** this year

<http://www.vacationdeprivation.com>

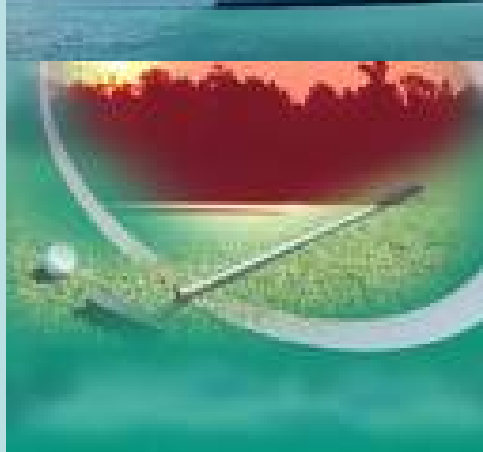
- 87.9% of employees say their time is increased by time

This equals
to
1,572,602
YEARS

- 52.7% of employees say they faked sick to have a day off

- 7.1% have more than 4 weeks accrued vacation time

Around the world...



Italy	42 days
France	39 days
Germany	35 days
Brazil	34 days
United Kingdom	28 days
Canada	26 days
Korea	25 days
Japan	25 days
U.S.	13 days



Are you a workaholic?

- You might be a workaholic if you find social gatherings boring.

Are you a workaholic?

- You might be a workaholic if you are worrying about work.

Are you a workaholic?

- You might be a workaholic if your family complains about you working all the time.

Are you a workaholic?

- You might be a workaholic if you are the last one to leave work everyday.

How to fix a workaholic

- Enlist help! Make a co-worker force you to leave on time everyday
- Establish concrete boundaries such as specific days that you will not work late
- Acknowledge you have a problem! That you are a victim of work and not a master of it

What is Vacation Deprivation

- Simply stated this means the absence, loss, or withholding of something needed
- Now comes the biggest question
 - Why do you **not** take vacations?
- On the next couple of slides you will see your answers and excuses!

What vacation?

- Work has to get done
- Who will do it if I am not here?
- They may or will not do it right
- The work will pile up
- No one else can do my job better than me
- Want to build up my vacation time to the max
- Don't want to or don't need one (ya right!)
- No where to go or no money to get there

- To cheap to take a vacation
- Work all the time
- Need to work the overtime part-time job
- No one to go with on vacation
- Why? I am happy staying at home
- Who will take care of my animals

Health Issues

- Don't want to take a vacation, OK then lets consider these reasons then...

- Taking vacations has serious health benefits. For example, they can help people avoid burnout, which can lead to depression, fatigue, and lack of interest.
- They can also benefit the heart -- studies show that men who take a yearly vacation are 30% less likely to have a heart attack and women are 50% less likely.
- And of course lets not forget about
 - Stress Induced Illnesses

Stress Induced Illnesses

(Just some of them)

- Headache
- Neck ache
- Backache
- Indigestion
- Insomnia
- Frustration
- Impatience
- Lack of confidence
- Lack of concentration
- Indecisiveness
- Reduced efficiency in work
- Eating more or less than usual
- Difficulty in laughing
- Self imposed isolation
- Using medication too often
- Strained relationships

Physiological Changes

- Overweight
- High blood pressure
- Diabetes
- Heart problems
- Mood swings
- Ulcers
- Appetite changes
- Sleep changes
- Sedentary life
- No energy
- Loss of short term memory
- Snoring
- Mental exhaustion
- Digestive illness
- Hearing loss
- Vision changes



Why we should have vacations

- **Vacations Promote Creativity:** A good vacation can help us to reconnect with ourselves, operating as a vehicle for self-discovery and helping us get back to feeling our best.
- **Vacations Stave Off Burnout:** Workers who take regular time to relax are less likely to experience burnout, making them more creative and productive than their overworked, under-rested counterparts.
- **Vacations Can Keep Us Healthy:** Taking regular time off to ‘recharge your batteries’, thereby keeping stress levels lower, can keep you healthier.
- **Vacations Can Strengthen Bonds:** Spending time enjoying life with loved ones can keep relationships strong, helping you enjoy the good times more and helping you through the stress of the hard times.
- <http://stress.about.com/od/workplacestress/a/vacations.htm>

So.....

- So, save a life and use your vacation time
- Increase your family time or in some cases get to know them!
- Enhance your knowledge about something
- Rejuvenate yourself
- See or do something new
- Or



- Thank you for listening, who knows maybe you will actually take some time for yourself!
- Oh, one more thing.....

- This is how employees answered a national survey of effects of working long hours

Effect on home, intimacy

- Interferes with ability to maintain home
 - Men 66%
 - Woman 77%
- Undermines relationship with spouse/partner
 - Men 46%
 - Woman 46%
- Interferes with sex live
 - Men 49%
 - Woman 53%

Effect on health

- Don't get enough sleep
 - Men 66%
 - Woman 69%
- Don't exercise regularly
 - Men 46%
 - Woman 57%
- Overeat
 - Men 36%
 - Woman 35%
- Consume too much alcohol
 - Men 12%
 - Woman 10%

- Information obtained from:
- USTODAY on May 23, 2007
- Online survey from 1564 adults
- Article written for the Harvard Business School

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