A Nation of Work Martyrs

American workers are overwhelmed. After years of being asked to do more with less, workers are over-stretched, stressed out, and exhausted. We have become a nation of “work martyrs” and our own biggest barriers to taking vacation.

Each day, Americans face the obstacles that lead them to forfeit their earned time off: heavy workloads, fear of being replaced, financial constraints, poor communication from management, and mixed messages from their companies.

Our always-on, 24-7 work culture is taking a heavy toll and, consequently, workers are taking nearly a work-week less of vacation since 2000. Americans are missing out on the personal and professional benefits time away from the job affords. And employees aren’t the only ones suffering—employers lose out on a more productive workforce while carrying billions in unused leave as a liability on their balance sheets. Project: Time Off strives to reverse this trend and win back America’s Lost Week.

Time Worth Taking

It’s time for Americans to realize that the fears keeping them at work are no match for the benefits of taking their time. Vacation time creates strong bonds with family and friends, builds a productive workforce, and helps cultivate a fulfilled life.

While time off from work has long been viewed as an employee benefit, the real impact extends far beyond individual employees. It boosts productivity in the workplace and helps recharge the mind for more creative and innovative thinking.

The demands of today’s contemporary workplace can take a toll on employees’ mental and physical health. Time away from work can help lower stress, and offers the opportunity to pursue personal interests and new experiences.

Time off also creates shared memories with loved ones, bringing family and friends closer.

Unlocking America’s Vacation Opportunity

Americans are at a critical crossroads: either change our behavior and remove barriers to taking time off or continue down the unsustainable path that has allowed millions of unused vacation days to stockpile and led to countless unintended consequences. Project: Time Off aims to shift culture so that taking time off is understood as essential to personal well-being, professional success, business performance, and economic expansion.

It’s not easy, but it’s possible. Join us in disrupting the vacation stigma. Learn about the benefits of vacation, communicate about it with coworkers and company management, and lead by example by taking advantage of your paid time off.

It’s Time for America to Tackle Project: Time Off and Experience the Upside of Downtime.