



Wellness Weekly

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VACATION DEPRIVATION



In Canada, figures show that Canadians are receiving an average of two days more vacation time in 2009 than they were last year, rising from 17 to 19. On average, employed Canadians leave two days per year unused - amounting to over 34 million days of work "given back" to employers.

"The stress associated with the current economy and impact on the workplace makes the need for time away from work even more important," said Beverly Beuermann-King, stress and wellness expert. "Vacation Deprivation is a condition that continues to affect Canadians across the country and it's essential for Canadians to invest in their health by taking a break and getting away."

Vacation Deprivation symptoms can lead to vacation envy – feelings of jealousy when a co-worker or friend returns from vacation.

When asked if technological advances such as Blackberries, PDAs, Pocket PCs, webmail or cell phones make it easier to take vacations, 48 per cent of Canadian workers feel that technological advances have made it more difficult to get away from work, up from 41 per cent last year. Only 19 per cent of Canadian workers feel that technological devices make it easier for them to get away from the office.

<http://www.hr-esources.com>
Expedia.com Vacation Deprivation Survey Results

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The Wellness Weekly is written by [Deb Garland](#), Healthy Workplace Program Coordinator

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