

Signs You Need To Take A Break From Work

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A photograph of a snake plant (Sansevieria) in a white, rectangular pot. The plant has long, upright, green leaves with yellow variegation. A silver smartphone is leaning against the base of the pot. The background is a warm, out-of-focus interior space with a wooden wall and a blue light source on the right.

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We all deserve a break from work now and again. Such a break can be important for letting our mind and body rest, as well as helping us to gain perspective and focus on what really matters.

Many of us don't use up all of our vacation time – sometimes going months and even years without a break. Sometimes we push it too far, damaging our health and our relationships beyond repair. It's important to know exactly when it's time to take a break. Below are a few signs that you need to take some time off.

You're in physical pain as a result of work

If your job is causing your physical pain, it's a clear sign that you need some rest. This could include back pain from manual labor or carpal tunnel syndrome from typing at a computer. Taking time off could allow you to get the treatment you need and could help your body to heal. Keep working through the pain and you could cause irreversible damage.

Consider seeing a [chiropractor](#) or a physical therapist if you have aches and pains. Avoid activities that make the pain worse and take your time to rest. Some employers may be able to offer absence pay or even an insurance payout if the pain is a result of poor health and safety measures.

You feel mentally drained

Stress at work can physically and mentally wear us down. If you feel yourself getting depression or anxiety, it's a good sign that you should take a break.

If your depression or anxiety is serious, you may want to consider seeing a therapist. In many cases, simply taking a break from work could be all you need for your mental wellbeing. You should also take the time to consider ways of [reducing stress at work](#). Depression or anxiety may even be a sign that it's time to quit.

You're losing focus and motivation at work

Do you feel as if you can't concentrate at work? Have you lost your passion for the job? A lack of focus and motivation could be another reason to take some time off.

Sometimes a break is needed to reassess our values and determine what is important. A break could help you to decide if a job is no longer for you or it could help you to come back refreshed with new ideas and a new sense of purpose.

You're not getting enough sleep

Regular sleep deprivation can have serious negative health effects in the long run such as increasing the risk of heart disease. It's possible you could be working long hours and sacrificing sleep as a result, or you could find that the stress of work is keeping you awake at night. In either case, it could be worth taking some time off.

This time off could help you to catch up on sleep. You'll be able to return to work refreshed – you may also want to take the time off to consider how you can improve your sleep quality whether it's

reducing hours or taking [sleep medication](#) to combat insomnia.

Youâ€™re not spending enough time with your family

Do your kids or partner complain that theyâ€™re not able to spend enough time with you? Do you regularly go to work before the kids are up and come home after theyâ€™ve gone to bed? Not spending enough time with your family could be something you regret in the long run. It could even lead to a strained and damaged relationship.

By taking time off, you can rekindle your relationship with your family and build lasting memories. It may even be a chance to consider ways of improving your work/life balance so that you see your family more often.

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