



# Vacations? Give Me a Break!

## The Joy and Pain of Going on Vacation

Summer is a prime time for vacations. Employees and their families look forward to it year after year, and with good reason. Getting away has so many important benefits – rest, rejuvenation, family bonding, seeing and doing new things and renewing the mind and body. The importance of this time away cannot be overstated. Hopefully you and coworkers all have taken or will take yours. But it's not really that simple, is it?

### Is it Really Worth it?

Some may say that vacations can create stress, hassle and more work than they are worth. Most companies these days are lean, with no extra people on staff. So when someone is off for vacation, their jobs must be covered. This creates both challenges and opportunities.

The challenges are obvious. Getting everything necessary done before leaving can be overwhelming, and those who are not on vacation must pick up for the missing coworker. All too often, balls get dropped, details get missed and employee, management, customers and vendors get frustrated.

The opportunities, however, are less obvious, but very real. In addition to the benefits to the

individual discussed above, there are others, which generally take a bit of planning. Vacations create a perfect time for cross-training coworkers to cover other people's tasks. With this preparation, the work will get done by people who know what to do and how to do it. In addition, everyone who is filling in will get some variety and have a chance to understand more of how the whole company operates. There can also be increased mutual understanding of and appreciation for coworkers' challenges.

### Overcome the Barriers

Don't give up. It's not too late. You can still prepare and cross-train for the rest of the year's absences. Almost nothing worthwhile ever comes easy, and that includes vacations. But they really are that important. Make it happen. As an added inspiration, I've posted a few photos from my own vacations at <http://bit.ly/vacascuba>. Enjoy!

*For more information about recognizing and replacing your habits, contact Janet Treer at 717-653-6118 or [janet@thetreergroup.com](mailto:janet@thetreergroup.com).*

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