



CAPRICORN

...it's just easier!

Other resources in step 9b:

- **No other resources**

Take a break – holidays are preventative medicine

The break you just had from work (or perhaps you are still having it), will not only make you feel good while you're away, the health benefits will continue on for many months, with a matching positive impact on your business.

But if you are one of those people who think the world can't go on without you, staying behind while others play may well cut your life-line a little shorter.

New research into holiday benefits indicates that while visiting exotic destinations or just sitting watching the ocean at your local beach, your your blood pressure will drop, and you will sleep better.

The daily workloads in most busy workshops generate a lot of stress and leave little time for relaxation. Any number of work-related health studies advise that workers should always take their full holiday entitlement of four weeks leave. Many shop owners ignore this advice, to their ultimate disadvantage.

Most people regard a holiday as a temporary break from the work-a-day world, but the studies show there are many hidden benefits that your body appreciates, even if you don't.

There was one study which compared key health markers of those who took holidays, with the workers who kept their nose on the grindstone.

On average, blood pressure of those on holiday dropped by six per cent while the blood pressure of those still at work actually rose by up to 10 per cent.

The sleep quality of holidaymakers improved by 17 per cent while that of the non-holidaymakers deteriorated by 14 per cent.

The study also found the ability of those on holidays to recover from stress, known as the stress-resilience test, improved by 29 per cent. There was a 71 per cent fall in stress resilience scores among workers.

Tests showed a fall in blood glucose levels, reducing the risk of diabetes, trimmer waistlines and enhanced mood and energy levels, with the effects sustained for at least two weeks after returning to work.

The majority of people who take a break feel happier, more rested and much less stressed and these benefits can continue for some months.

A break doesn't mean that you have to lie on a beach to relax. For active people who can't sit still, a busy holiday can have a long-lasting positive effect.

It is up to workshop owners and managers to plan the full holiday entitlements for themselves and their workers well in advance.

Taking an annual break not only boosts productivity but can also prolong life, and that's good for both employer and employee.

Regular holidays can be counted as preventive medicine and it may well be the best medicine in your cabinet.

The place to start is www.tatbiz.net.au/capricorn

Just go for it!