

# 5 BIG BENEFITS OF TAKING HOLIDAY LEAVE

*Taking leave helps you*

**1**

**BE MORE PRODUCTIVE**

**2**

**GENERATE INNOVATIVE SOLUTIONS**

**3**

**HAVE BETTER PERSONAL RELATIONSHIPS**

**4**

**REDUCE RISK OF DEPRESSION & ANXIETY**

**5**

**REDUCE RISK OF HEART ATTACK, OBESITY AND ALCOHOLISM**

