## WORK-LIFE IMBALANCE IN SEVEN CHARTS

Employee engagement has improved considerably over recent years, and benefits such as remote working and flexi-time are now commonplace. However, changing workplace cultures are putting increasing demands on workers and threatening the work-life balance, with a quarter of employees saying they struggle to relax in their personal time because of work, according to the CIPD. Regular breaks and time off are some of the simplest and most important ways of staying productive at work, and yet UK employees are regularly skipping breaks and not taking their holidays



Millennials are more likely to be unhappy with their work-life balance, with employees becoming more content as they get older

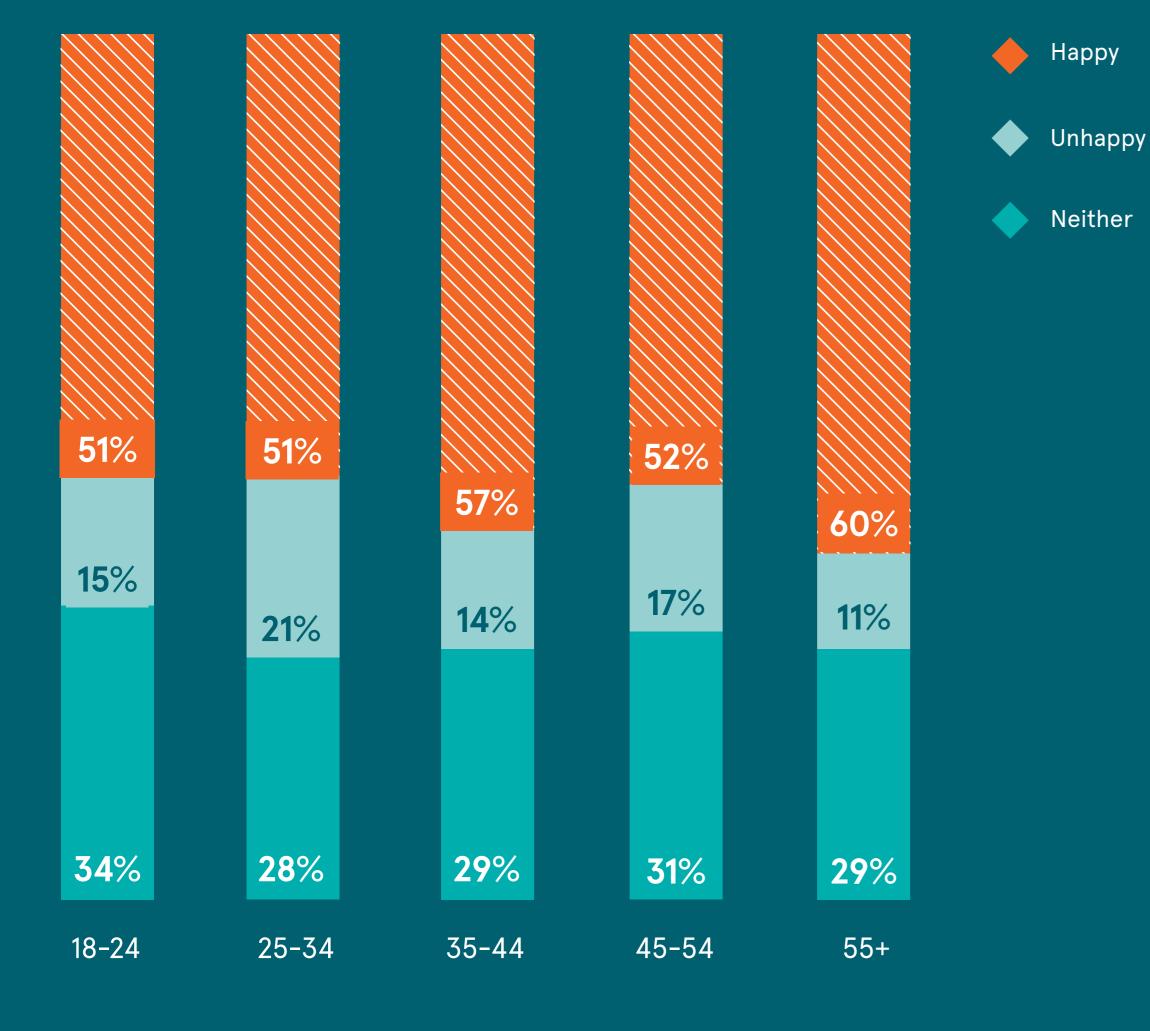
Generational opinion of work-life balance

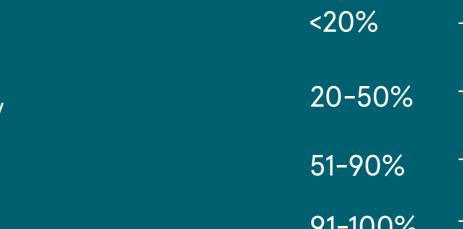


UK workers take just 62 per cent of their total holiday allowance on average each year, with four of every ten employees taking less than 50 per cent

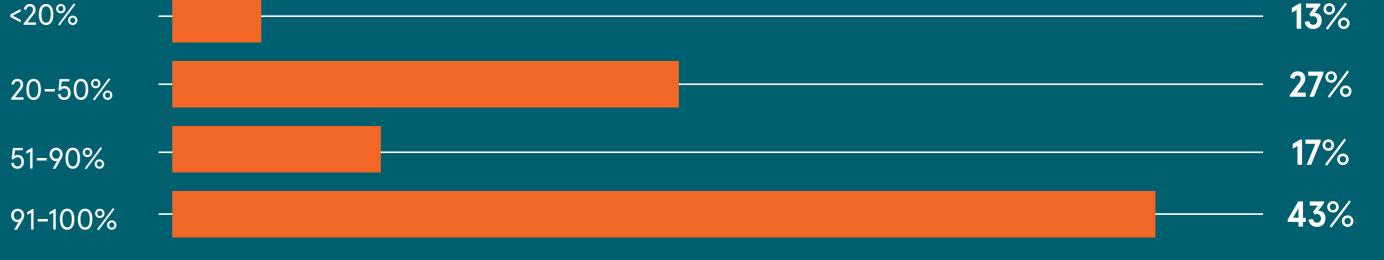
Amount of annual leave entitlement taken over the past year

Glassdoor 2018





YouGov 2017





Even when workers take their vacation days, only half say they can completely switch off

Working on holiday



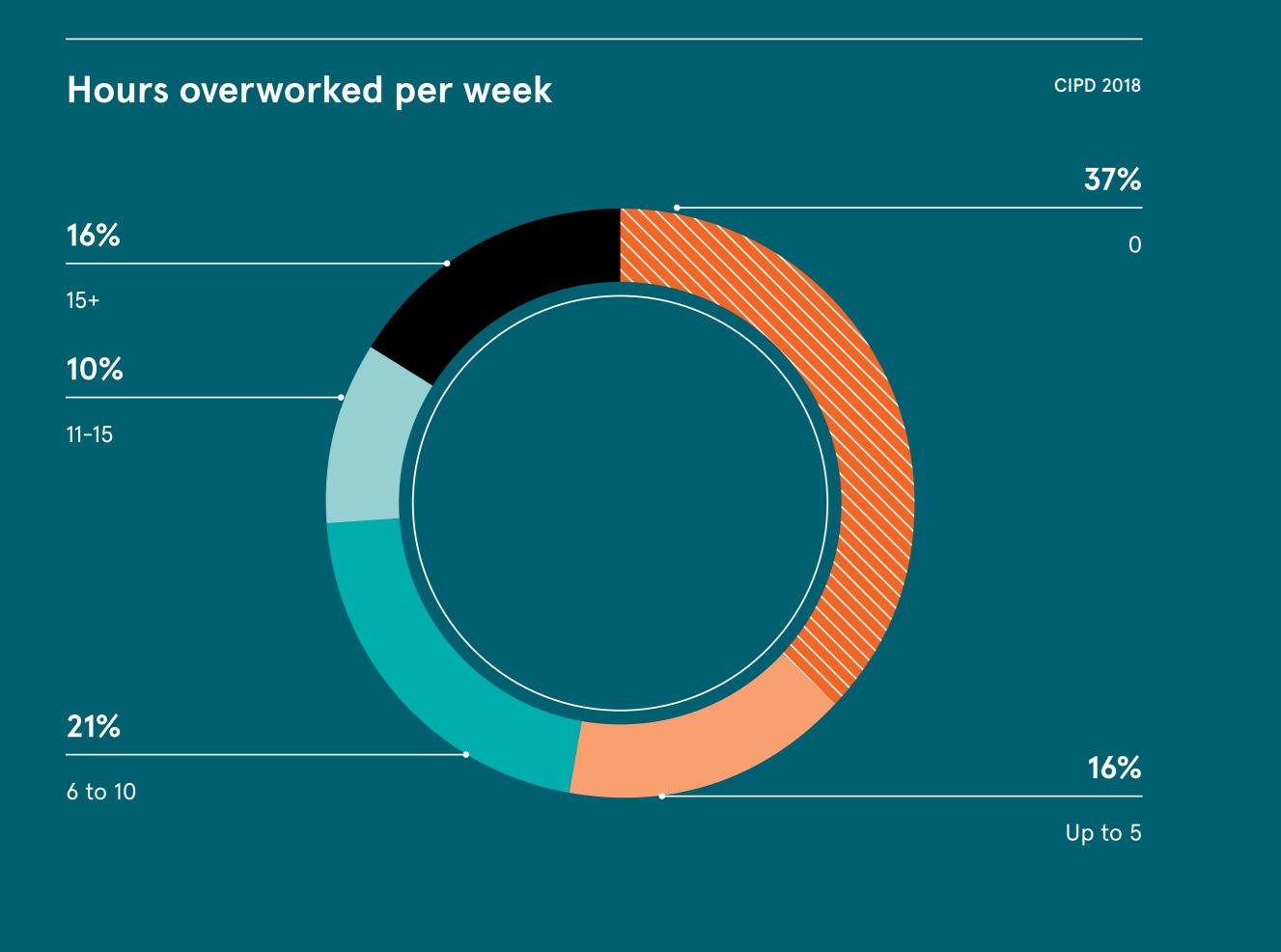
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In an average full-time working week, two thirds of employees are working longer than their allotted time

According to totaljobs, 56 per cent of employees never take their full lunch break, which equates to more than the average annual wage in owed time over the course of a standard career

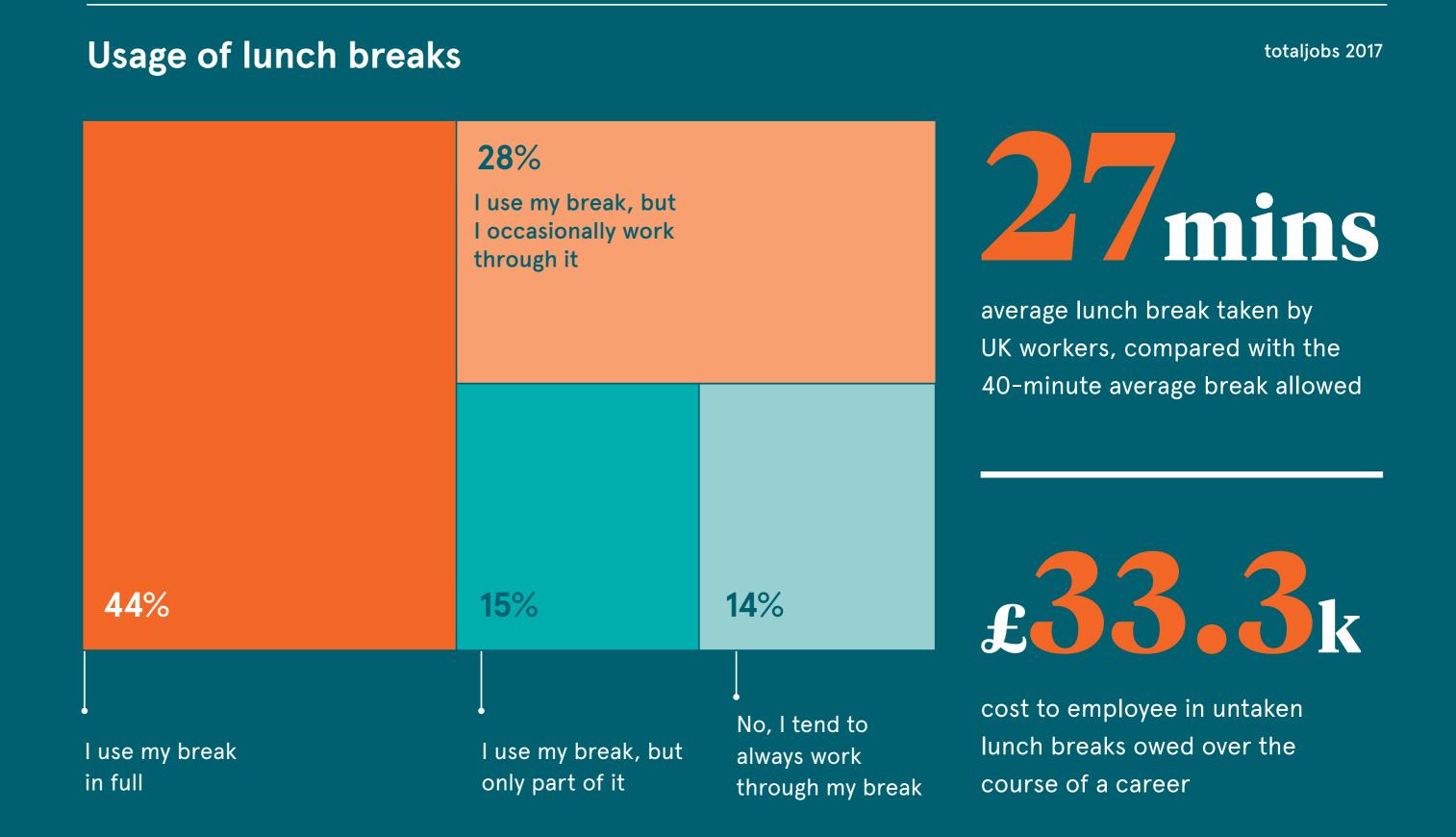
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that they should be

contactable





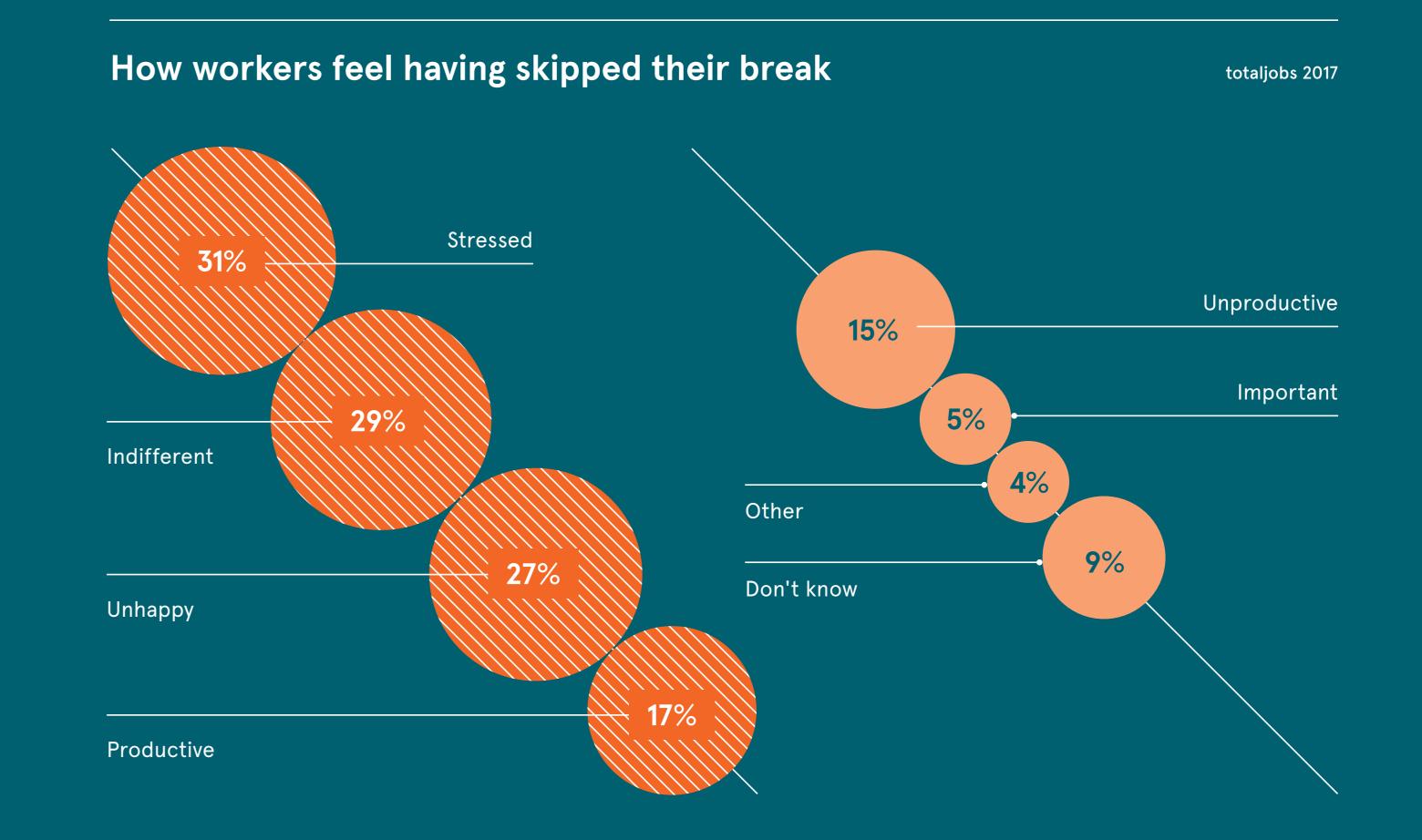
Poor workplace policies can create a culture of skipping breaks, but simply having too much work is the most common reason why people work through their lunch



The impact of working through lunch is more than just hunger pains...

## Top reasons why employees skip their lunch breaks totaljobs 2017

68%	Too much work to do/unexpected tasks
17%	Have to cover for others
13%	I don't really care about my lunch break
10%	I can leave early if I skip lunch
6%	No one takes their lunch break in my team/company
5%	I can't financially afford it
5%	Taking a lunch break is frowned upon
3%	I don't eat lunch
5%	Other



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