

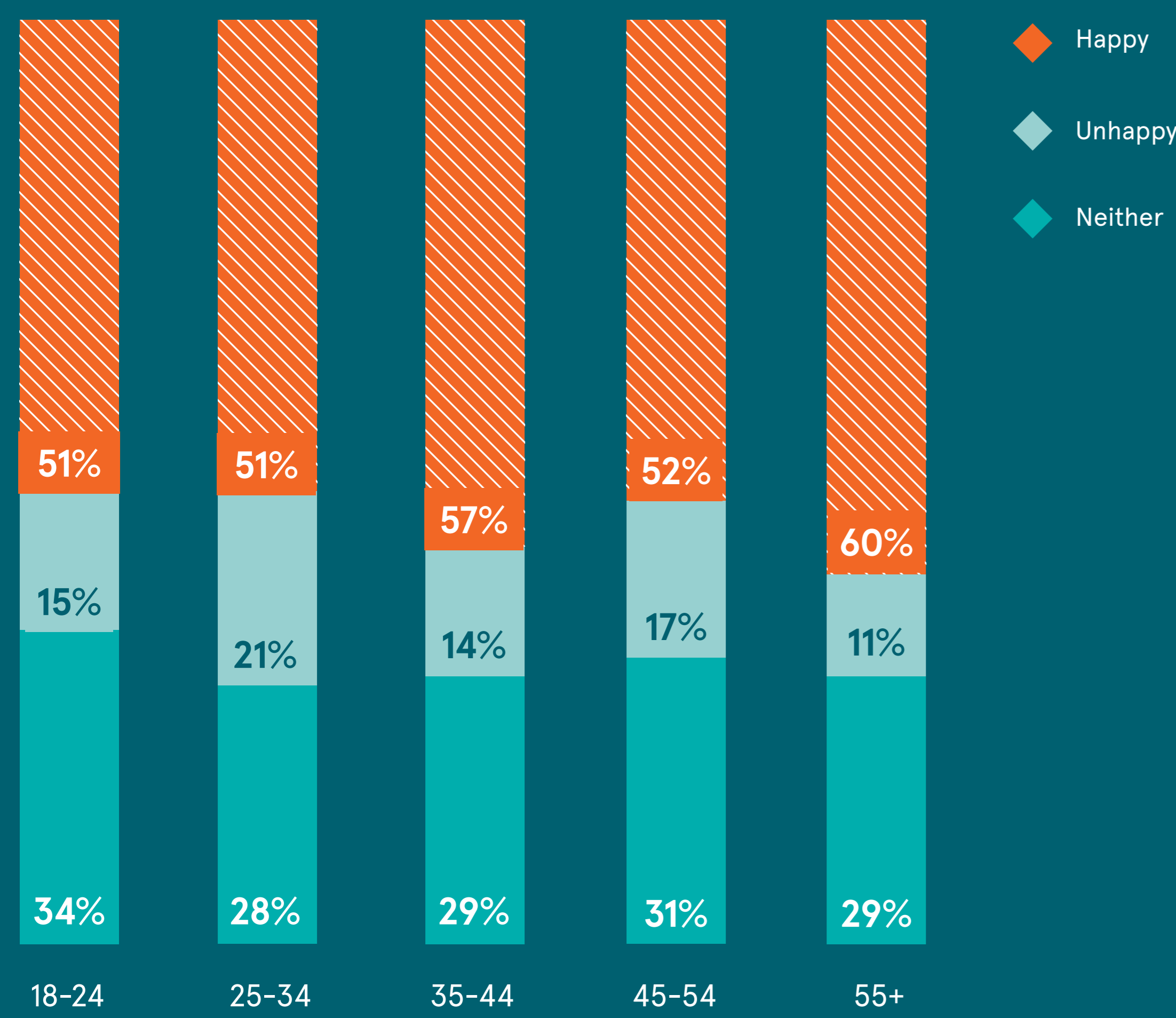
WORK-LIFE IMBALANCE IN SEVEN CHARTS

01

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

YouGov 2017

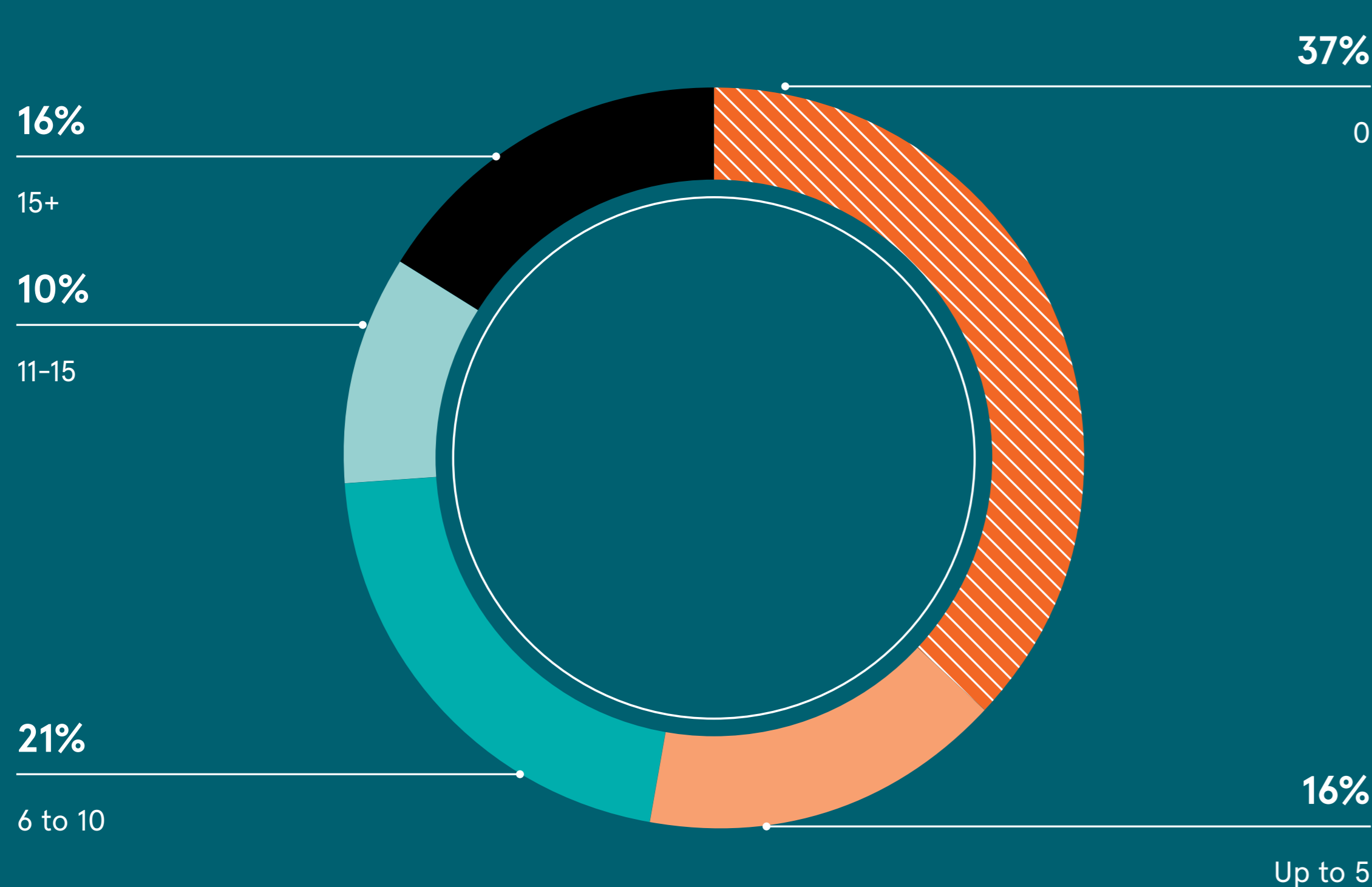


04

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

Hours overworked per week

CIPD 2018

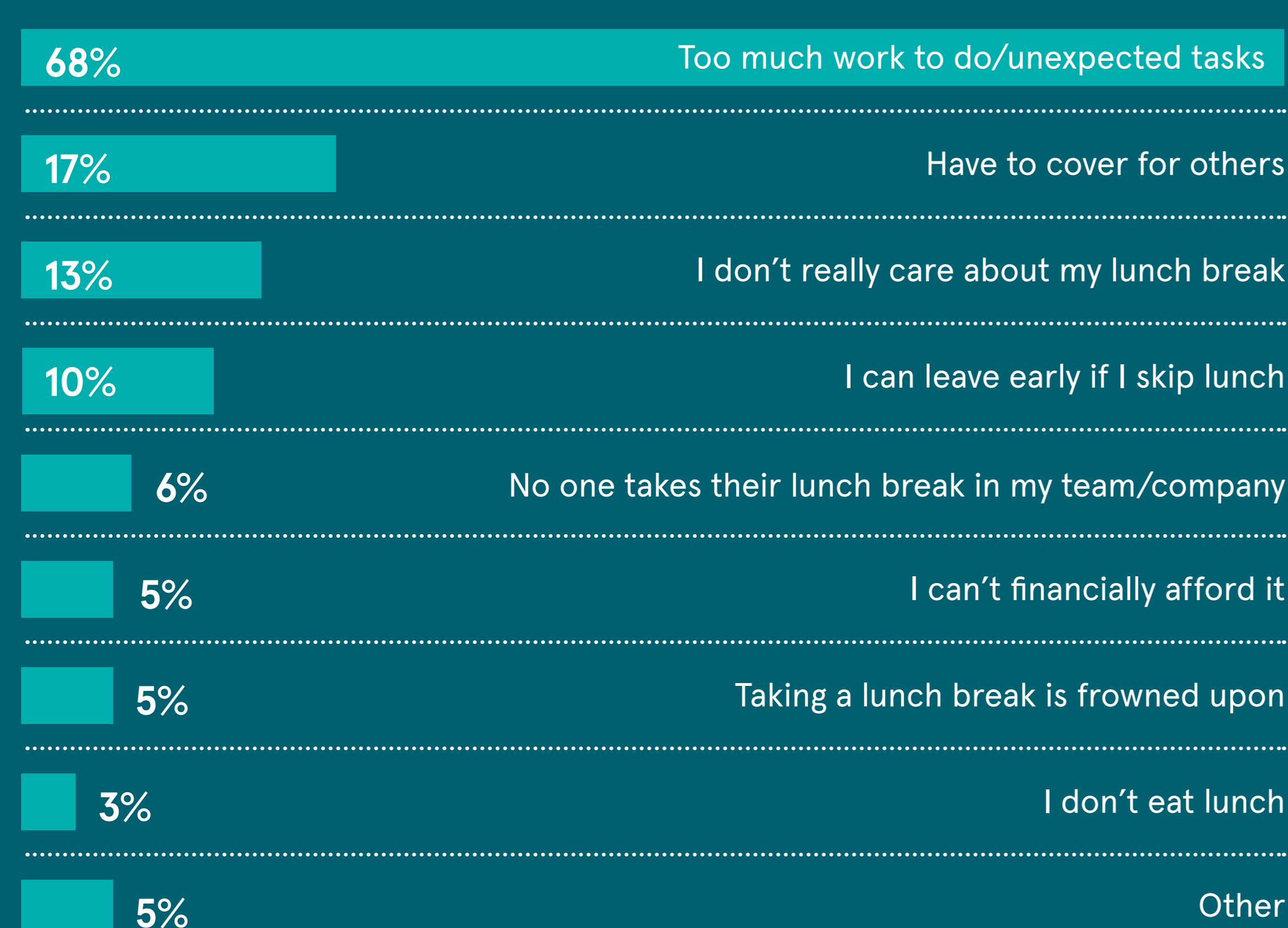


06

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

Top reasons why employees skip their lunch breaks

totaljobs 2017

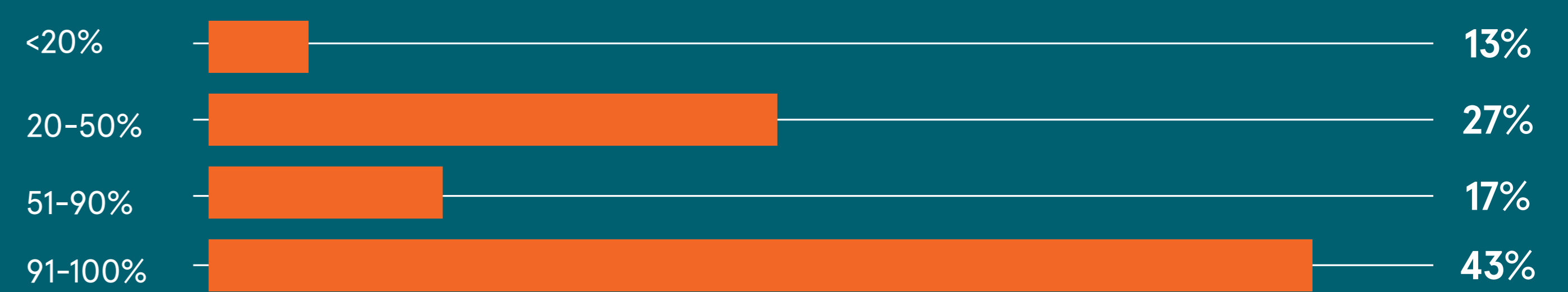


02

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

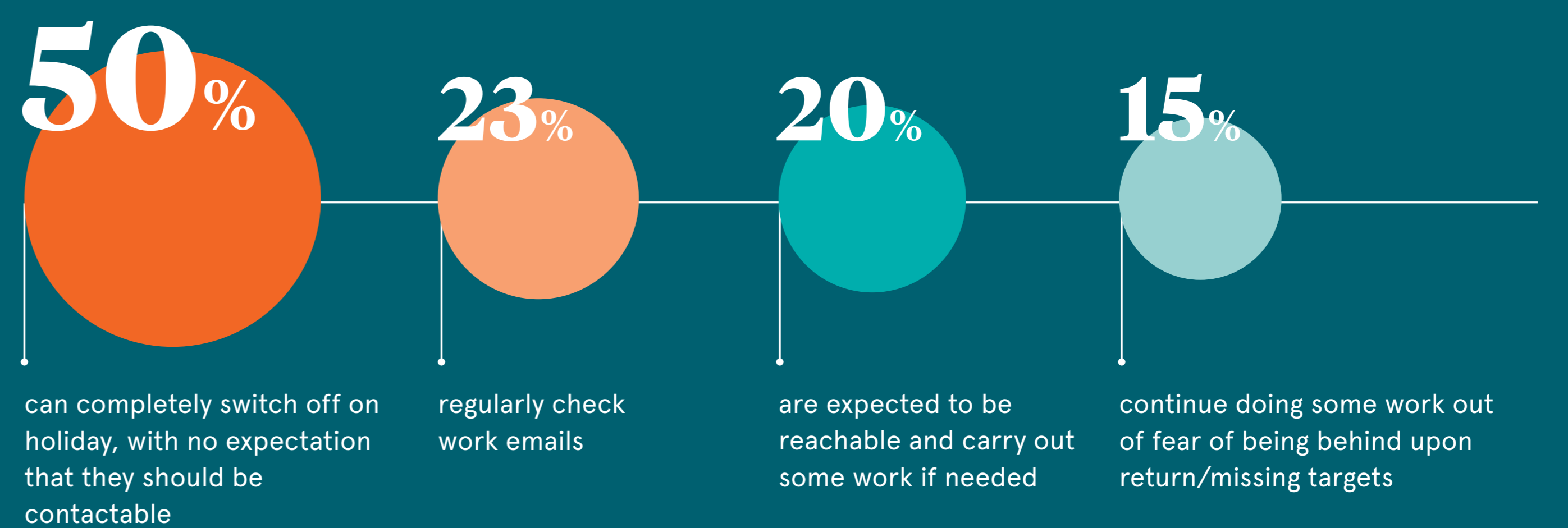


03

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

Working on holiday

Glassdoor 2018

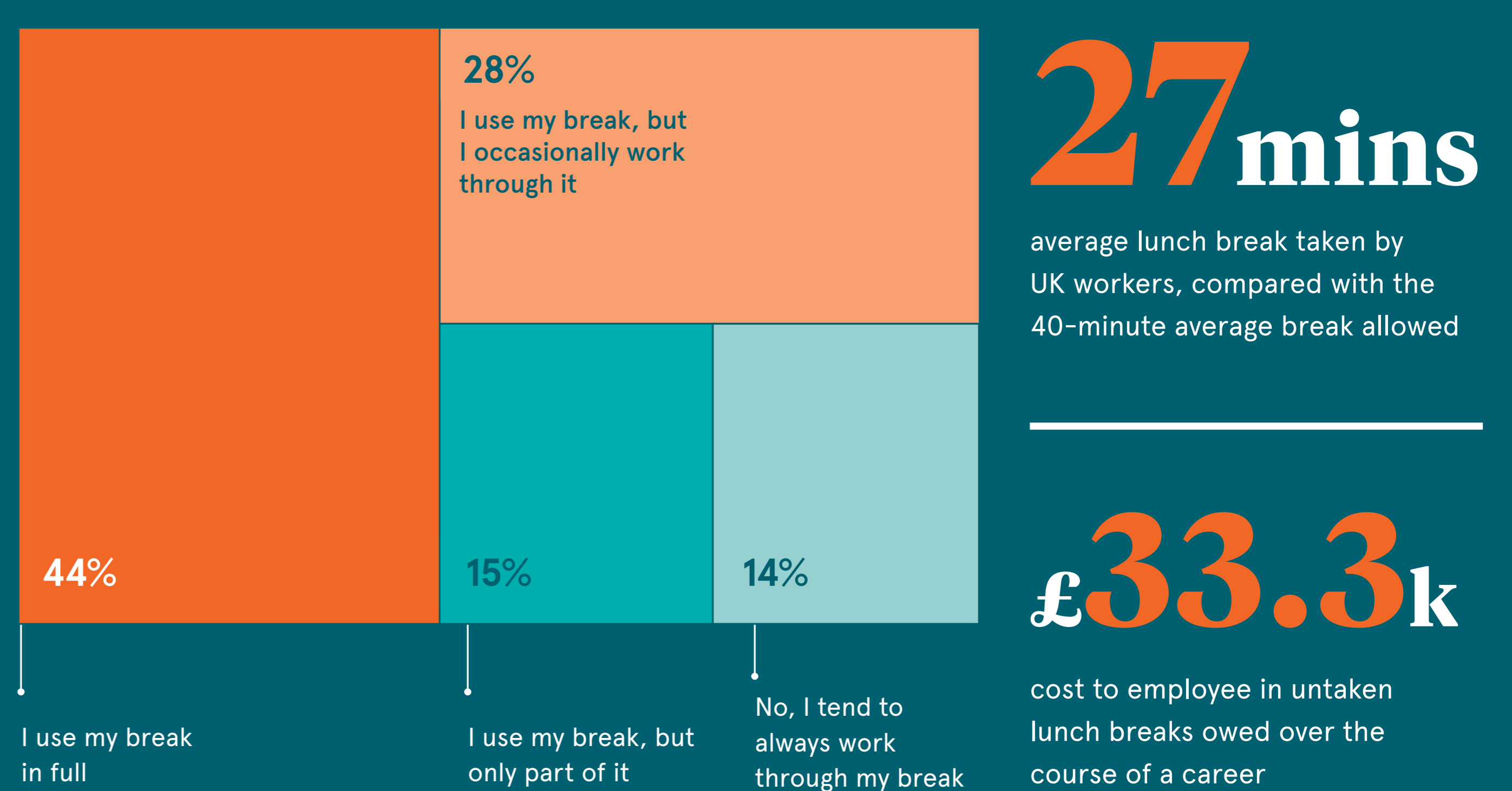


05

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

Usage of lunch breaks

totaljobs 2017



07

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

How workers feel having skipped their break

totaljobs 2017

