With a greater number of employees working remotely the trend in the data is showing that people find it difficult to switch off with nearly a third of respondents saying that they access work related content multiple times a day when on leave. When asked if their company should do more to encourage a switch off after hours 78% agreed they should.

How often, if at all, do you access work related content when on annual leave?

- Multiple times a day: 31%
- Once a day: 23%
- Once or twice: 8%
- Rarely: 15%
- Never: 23%

My company needs to do more to encourage employees to switch off outside of normal working hours

- Strongly agree: 34%
- Somewhat agree: 44%
- Somewhat disagree: 20%
- Strongly disagree: 0%
- Don't know: 2%