

RECHARGING THE BATTERY

By: **ROBERT KLUTHO, CPA**

As I return from a two-week vacation, I feel recharged and rejuvenated. It reminds me that it is important to get away and unplug. Some of the benefits include:

- Improved physical and mental health
- Increased mental power
- Improved family relationships
- Decreased burnout

While it is always tough to let things go and get away, it is in everyone's best interest to make it happen. Various scientific studies show those who take vacations will reduce the risk of heart disease, anxiety and depression. Feeling better also leads to greater happiness and productivity.

Taking a vacation is an easy step you can take towards improving your own health and ultimately making yourself a better teammate to both your family and colleagues.



Please do not hesitate to contact your Conner Ash Account Executive or the 'recharged and rejuvenated' [Robert Klutho, CPA](mailto:Robert.Klutho@connerash.com), at (314) 205-2510 or via email at bklutho@connerash.com to discuss your business or tax needs. Thank you.