

Female First

14 December 2010

Circ: 3,500,000 monthly unique users

FemaleFirst

Christmas Time, Mistletoe And... Work

Tuesday 14th December 2010

A third of small business owners will work on Christmas or Boxing Day this year, according to a survey carried out by popular UK business information website, FreeIndex.

The results of the survey, completed by 160 UK business owners, indicate that many find it difficult to switch off from work, even during the festive period.

Martin Turner, managing director at FreeIndex, says, "Many [small businesses](#) owners are feeling the squeeze this year and are working around the clock to keep their heads above water; unfortunately this often means putting in extra hours during the holiday season.

"As an aside to work pressures, the ease with which remote working allows us to access the office from home, means the temptation to answer [work phone](#) calls or emails during the Christmas period is greatly increased."

Working too much can lead to a negative impact on health and mental well-being according to a recent study by Cancer Research UK, which reveals that 38 per cent of workers are currently unhappy with their work/life balance.

Martin Turner summarises, "It's important to take time out and switch off from work for your own well-being.

"It's worrying that a third of UK business owners are risking burnout by continuing to work this Christmas, rather than taking a well-earned break with friends and family."