

14 scientific reasons to disconnect over the weekend (infographic)

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Work hard, play hard. We've all heard that expression -- and it does hold some truth. If you find yourself and stressed over the weekend, it's time to reassess how you approach your .

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Taking time off is healthy -- and even though many of us can't swing a weeklong vacation to de-stress, we can at least take advantage of our Saturdays and Sundays. Disconnecting from work over the weekend has a number of benefits -- increased , job satisfaction, performance and creativity.

So sit back and relax. Here are 14 way scientific reasons why you should disconnect over the weekend, compiled in an infographic by.