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## Long weekend well-earned by hard working Canadians

It's a holiday long weekend, yippeee!

Most of us had Friday off to enjoy the festivities of Canada Day, many with pay. Some are even tacking on an additional day off Monday to enjoy an extra-long weekend and maybe even celebrate the U.S. holiday.

I am not sure why we Canadians feel like our long weekends are few and far between, because we get at least eight statutory holidays, plus vacation time, but we sure love these extra days off.

Lots of people get flex days, sick days and personal wellness days, in addition to our beloved stats.

Maybe it's because in Canada we have a culture of working our tails off, starting every day with an assault rather than a grain of salt.

We rush our breakfasts, if we even take the time to eat (I'm notorious for eating during my commute), then race to our cars, buses, trains, or bikes and zigzag our way



**SHARLENE MASSIE**  
About Staffing

through rush-hour traffic.

We get to work, fly through e-mails, phone calls, meetings, appointments, job sites, work orders or whatever is planned out in our workday.

We all seem to have our days full, regardless of what type of work we do. I know many people who don't even stop for lunch, let alone coffee breaks.

I know very few people who say they have the perfect work schedule, with no stress and lots of healthy "me" time.

When we think about the best work-life balanced countries, we

don't think of Canada or the U.S.

We think of Sweden, Denmark or other countries where they have a ton of holidays, shorter work days, longer maternity leaves and education paid for by the government.

The healthiest nations have less stress, less debt, less of everything bad, including work. They have a more educated workforce, more time off and more medical support.

So, what are we doing wrong here in our country?

There is not much we

can do about the work ethic ingrained in North American culture. However, we can try to teach our children, our future leaders, that work is not everything.

Yes, commit to your job, be loyal to your employer, be honest and do your best. But put a healthy, balanced lifestyle into the mix, somehow.

Maybe that is why we love our statutory holidays so much — a socially acceptable reason to take an extra day

off and enjoy the long weekend to the maximum.

We finally get to sleep in, have coffee outside while reading the paper, go for long walks and bike rides, have a picnic, do some gardening and maybe even do some camping!

Happy Canada Day weekend, we deserve the break!

Sharlene Massie is the CEO of About Staffing Ltd., a dynamic personnel agency specializing in direct-hire and temporary placements. Questions for Sharlene? Visit the About Staffing website at [www.aboutstaffing.com](http://www.aboutstaffing.com) and click the link under the Sun logo. This article may be reproduced or transmitted if done so in its entirety, including this line: Copyright 2011, by About Staffing Ltd., all rights reserved

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Except for one thing: she is much too infatuated with opera music.

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