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vacation is evolving, highlighting the impact of mobile technology and the continuing momentum of the gig economy.

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A recent survey of more than 550 small business owners reveals the way they take vacation is evolving, highlighting the impact of mobile technology and the continuing momentum of the gig economy.

The survey, commissioned by [Xero](#), a provider of online small business technology, found that only 14 percent of respondents say they can completely check out while on vacation, as compared to [54 percent of American workers](#).

With more of the U.S. workforce picking up sporadic jobs ([up to 30 percent](#) are

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but it also keeps people on the job when they're supposed to be off," said Keri Gohman, President, Xero Americas. "As an industry, we have an opportunity to develop products that can help protect small business owners' mental health and wellness as they try to keep up at a rapid pace."

While small business owners find it hard to disconnect, the majority are taking time to get away. The survey found that 55 percent take two weeks or less of vacation every year, while 32 percent of respondents say they take three or more weeks. However, 12 percent take no vacation at all.

Xero customers are progressive business leaders

While getting away may be harder for some than others, Xero users are more diligent about taking time off. Sixty-nine percent of Xero users have taken a week or more of vacation in the last 12 months, compared to 55 percent of non-Xero users.

While they might take the most vacation, Xero users are more likely to stay connected, with 94 percent working on vacation, compared to 78 percent of non-Xero users. Xero users are also more likely to take technology on vacation, with 96 percent taking smartphones, 75 percent taking laptops and 41 percent taking tablets to work while they're gone. By comparison, 80 percent of non-Xero users say they take smartphones, 59 percent take laptops and 41 take tablets while on vacation. Ten percent of non-Xero users say they take no technology at all, compared to zero percent of Xero users.

Newest generation of small business owners have the hardest time breaking away

Millennials are far more likely to stay plugged in, reinforcing their status as digital natives. This generation of business owners (people aged 18-34) experience burnout at a higher rate than their generation X (people aged 35-50) and baby boomer counterparts (people older than 50).

Ninety-three percent of millennials, 84 percent of gen X members and 59 percent of

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than just their luggage. Eighty-three percent of small business owners experience work-related stress while on vacation, compared to 17 percent who do not.

Encouragingly, a majority of business owners find vacation revitalizing, with 61 percent feeling relaxed, refreshed and ready to work when they come back.

“While small business owners are taking vacation, the number of them experiencing work-related stress during this time is certainly concerning,” added Gohman. “With three in five business owners checking-in on a daily basis, it’s clear that the demands of work are inescapable. Using technology, we need to evolve how we think about vacation in today’s connected world.”

Small Business • Technology

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