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vacation time--but consistently decline to take time off to which they are entitled, according to a new survey by the HR software development firm Namely.

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Employees say they're willing to trade off other benefits in exchange for more vacation time—but consistently decline to take time off to which they are entitled, according to a new survey by the HR software development firm Namely.

Forty percent of those surveyed said they were willing to give up stock options or

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Slightly more than 20% of employees said the thought of missing time at work stressed them out so much that they skipped vacation.

Another poll, conducted by a travel industry group called Project Time Off — it encourages people to go on vacation — uncovered an even sadder statistic: 37% of employees take less leave than they could because it's simply too hard to clear the decks at work so they can get out of town.

For them, it's easier not to go on vacation.

"What this tells us is that despite the best intentions to take large chunks of time away from work and unplug from technology, employees are feeling confined and are using vacation time differently than previous generations," said Matt Straz, Namely's CEO.

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