

## The Elephant in the Org – Episode 13

### The Fakecation Crisis: Why We Suck at Taking Time Off

 **Recorded:** March 7, 2025 |  **Released:** March 19, 2025




- ◆ *Ever come back from a vacation feeling more exhausted than before? Yeah... us too.*

This week, we're diving into the **Fakecation Crisis**—those so-called “breaks” that leave you drained instead of refreshed. Whether it's a **family visit that's secretly unpaid labor, a long-haul flight that steals half your trip, or a music festival that requires a recovery period**, we're ranking all kinds of time off based on how rejuvenating (or disastrous) they actually are.

#### In this episode, we:

- ✓ Rank vacations from *Peak Rejuvenation* to *Why Did I Even Bother?*
- ✓ Debate whether music festivals and family visits even count as time off (spoiler: probably not)
- ✓ Unpack why so many of us **sabotage our own rest** (hello, guilt and hustle culture)
- ✓ Remind you that *yes, the world is heavy right now, but you still deserve joy*

#### Featuring:

-  **Marion** – About to head off on vacation (will she actually unplug?)
-  **Cacha** – Fresh off a break and reflecting on why we resist true rest
-  **Danny** – Making a case for the midday baseball game as the ultimate recharge

 **Listen in as we call out the BS around “taking time off” and figure out how to actually recharge.**

---

## Listen & Subscribe

Find *The Elephant in the Org* on your favorite podcast platform. If you liked this episode, leave us a ★★★★★ **review**—because ratings matter, even if performance reviews are garbage.

 **Have a hot take or a workplace horror story?**

Email us at [elephant@thefearlesspx.com](mailto:elephant@thefearlesspx.com) or slide into our **DMs on LinkedIn**.


#### Follow Us for More Hot Takes:

- ◆ Marion Anderson
- ◆ Cacha Dora
- ◆ Danny Gluch

### **Disclaimer**

The views and opinions expressed in this podcast are those of the hosts and guests and do not necessarily reflect any affiliated organizations' official policy or position.


### **Music & Production Credits**

 **Music Credits:** Opening and closing theme by **The Toros**

 **Production Credits:** Produced by **The Fearless PX**, Edited by **Marion Anderson**

### **Connect with Us**

 Follow **The Fearless PX** on LinkedIn: The Fearless PX

 Visit our website for more content and updates: <https://www.thefearlesspx.com/>

 Reach out to Marion, Cacha, and Danny at [elephant@thefearlesspx.com](mailto:elephant@thefearlesspx.com)

**Let's make work suck less.**