

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 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**

Let's make work suck less.