

STAY HEALTHY!

RETAIN YOUR ENERGY POST-VACATION

A vacation provide us with inspiration, bring us unbridled joy, and fills us with emotions. However, returning to a routine and our day-to-day lives can cause stress.

Some people start stressing out, quickly leaving behind the pleasure and energy of their time off, others experience post-vacation blues. Sometimes it manifests itself in a number of physical symptoms, such as:

- low energy
- anxiety
- depression
- headache
- insomnia
- back or stomach aches

All of the above are normal bodily reactions to being abruptly thrown back into an intense working life. So what should we do to make it a quick and painless transition?

Don't dive into routine

Go to the desert, try a new restaurant, have a massage, or play volleyball with your friends. This will help you make a smoother transition from vacation to everyday life.



As soon as your vacation is over, plan an exciting weekend

Take baby steps

Piles of unsorted work can demotivate anyone, leaving them with little enthusiasm to carry out the job at hand. The only thing that can help to overcome this problem is to set achievable goals. Each completed task will increase your motivation.



Start with small tasks, such as sorting out your e-mail or preparing a work plan

Get proper rest

It may be a strange thought: didn't you have a whole vacation to get rested up? However, destressing and refreshing your mind does not necessarily mean you are not physically tired.





Keep one day of your vacation time to sort out your household chores, get enough sleep, and recover from jet-lag

Clean-up

Cleaning up your house and your work desk will help to clear your head and reconnect with your usual surroundings.

Get rid of old things, put up photographs and all those nice little things you brought from your trip. They will freshen up the space around you and fill your day-to-day life with pleasant memories.

Do what you like to do

Devote more time to projects that inspire you. Get a fresh perspective on your working life. This will not only help you to stay positive, but may also take you to a new professional level.

Bring some emotion and creativity into your routine



Communicate

Many people share photographs and stories from their trip only while they are actually on vacation. However, they cease their social activity after coming home. Try to avoid it.

Once you are back from your trip, tell your family, friends and colleagues about your experiences – either in person or online. Show them your photos, recommend new places, or share unusual recipes.



Remember: the more we communicate, the less we are prone to depression

Plan a new trip

Making new plans will provide you with a necessary distraction, focus your aspirations on a tangible goal, and give you a clear vision of the future.

Give yourself some time

Usually, post-vacation blues wear off within a few days. In more serious cases, if you are not happy with your professional, personal or spiritual life, blues can last a few weeks and may even require some real action in terms of changing certain areas of your life. But make sure you remember:



Bright experiences may overshadow things that are truly important to you in everyday life

Appreciate what you have and don't be afraid to take on new hobbies or positive emotions in your life. After all, that's what vacations are for!

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