

## **Post- Vacation Blues**

We all know that feeling – the one where you return to work after a few weeks of travelling and resting during the winter holidays, and struggle to re-adjust to everyday life. The longer a trip/break lasts, the more intense the post-vacation blues may be. Research has indicated that returning from vacation directly into your busy day-to-day work activities can create uncontrollable levels of stress. Some common symptoms and feeling from post-vacation blues is a generalized feeling of anxiety and tiredness. Feelings of mild depression are also common and can disturb the amount of sleep you get before returning back to work.

One may tend to feel this way because of the way they started off their vacation. A lot of individuals may work extra hours before their vacation, which makes them tired or overstressed at the start of their vacation. Some individuals take their work with them on vacation, where they don't get any breaks even being away from work. Another reason why this feeling may occur is due to the fact that, when on vacation people tend to overeat and consume more alcohol and get less restful sleep. This can result in people becoming very tired and feeling worn out from their vacation.

In general, post vacation blues will wear off over time. It can take up to a few days, but in rare cases it can last for several weeks. With a few simple tips you can get right back into a productive routine.

### **Unpack**

Unpack your bags as soon as possible. This will help you commit yourself to the present time and place.

### **Detox from vacation food**

Making a meal in your own kitchen can help you settle back in and get a healthier eating routine back on track.

### **Fight the jet lag**

Fight the jet lag by taking a day to unwind when you return. Try by going to bed at the normal hour for your current location and by always staying hydrated.

### **Organize your memories**

Going back through photos and videos from your trip can evoke a sense of nostalgia, which research shows can enhance your mood.

### **Get some exercise**

Try releasing some endorphins through physical activity, and you will start to notice how much better you feel.

### **Reassess the ordinary**

Try to see things with greater appreciation. Imagine your hometown as it must look through the eyes of a tourist.

Sources: <http://www.usatoday.com/story/travel/2014/01/16/post-vacation-depression/4494763/>

<http://www.legacybowes.com/latest-blog-posts/entry/5-tips-to-help-avoid-post-vacation-blues.pdf>