

OVERCOMING MONDAY BLUES



GOING back to work after a long vacation, or the recent festive season, is often a stressful and demotivating experience, as your head and heart remain on holiday mode whilst your physical presence is well and truly required at work.

This article discusses some quick solutions to ease the pain of returning to work after time-out, enjoying what the rest of the world has to offer.

■ **Accept the importance of being present**

- Turning up with a holiday mindset can cause problems at work, ranging from lack of concentration on the tasks at hand to forgetting appointments and the names of new clients.

Your colleagues and bosses might give you a little leeway, especially if some are in the same position, but not for long! Accept that you have

had a great break and that you are marvelously refreshed; now is the time to get on with what you are good at in a work environment.

■ **Tidy up** - If you left a mess before you went on vacation, shame on you, but now is the time to remedy it! Upon your return, ease back into work by spending a morning or day organising your space.

- Tidy up your desk space, shelves, and files.
- Clean out the in-box, and electronic files.
- Be in great shape for the next months ahead by using your current holiday energy to sweep away the cobwebs of the tired, pre-vacation you. Returning to this more efficient and tidy work system and space, will make you feel better each day of the rest of the week.

■ **Plan the next vacation** - it can help the transition if you start making plans immediately for the next vacation experience. Call into a travel agents or set up a new travel planning itinerary on your favourite travel website, when you get home this evening. Doing this may give you a renewed sense of adventure, and make work seem less onerous; after all, work pays for those flights!

■ **Plan the next weekend away** - Yes, get out again the weekend following your return. Wash the clothes and unpack the larger bags during the weeknights so your next weekend is free to enjoy.

- Take a much smaller bag and drive on down to a local beach, forest, or desert retreat to unwind, and recall those blissful easy vacation days of a week before.
- Take work with you only if you must. If you find that the mini-vacation/break works for you, try to make it a regular arrangement, and take the work along if it fits in without spoiling the experience.

■ **Exercise** - You probably have heard many times that exercise is the answer to everything — that's because it is often true! Going to the gym or pilates class, taking a 10 Km run, or simply walking for a half-hour will make you feel a lot better. Your physical well-being flows back into your emotional well-being, and helps you to work better and focus more.

■ **Reassess** - If work is continuing to get you down on your return, your reaction may be telling you something a lot more serious, like it is time to move on. Ask yourself some honest and direct questions about whether the job is challenging you enough, and is it fulfilling your wishes at this time in life. If the answers are no, maybe it is time to buff up the resumé, butter up the referees, and get out and advertise yourself for a new job.

- Compiled by 1Klassifieds Team