



# Post-holiday *work blues*

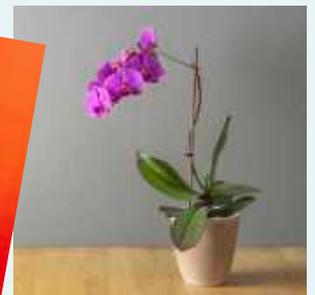


When Christmas is over, the next holiday break to look forward to is Easter weekend. After spending relaxing time with friends, family, delicious home-made food, Christmas movies and songs, it can be a daunting thought to think about bouncing back into work. Going back to work after holidays can be very difficult. Some people get what is known as the post-holiday blues, while others suffer from anxiety at the thought of having to return to their work.

## ***Who says you have to leave the holidays behind once Christmas is over?***

**Below are some suggestions to help you get back into the swing of things and embrace the blues and help make your transition back to work much smoother.**

- **Cut, Clean and Clear** New Year, New You. This year could be your year to make your move and even though it's just another day, it's easy to imagine that the clock striking midnight on the New Year is in many ways cathartic and rejuvenating. Whether it's the wardrobe that is overflowing with worthless junk, or you feel like you may need a lifestyle or social circle reboot. Embrace it and do it.
- **Embrace memories** of the holiday season that you can take into the New Year. Decorate your workspace with fun holiday photos.
- **You may have too much work to catch up with on the first day** The key is to prioritise and even though you may be tempted to go straight into new projects, it could be a good idea to start with the old tasks that you did not finish before you went on holiday.
- **Have a plant** on your desk or in your office space.
- **Do some planning the night before** Decide what you want to wear and make sure that it's clean and pressed. This will contribute to a smooth morning start.
- **When you are stressing out** about all the work that has been piling up over the holidays, a gentle reminder to yourself of everything you have to be grateful for. Practicing gratitude before you go to bed will help you stay strong and positive as the holidays come to a close.
- **Get a Plan** The power of being organised and having a bounce-back plan creates more success in your achievements. Write a list of the things that need to be done over the next few weeks, months and year ahead.
- **It can take time** to get back into the swing of things after a lazy holiday season and that is totally normal. Remember to make time for your life outside of the office. Physical exercise, such as a brisk walk, cycle, ride or a swim at the local pool.
- **Take time out** during the day to be in your own space. Taking three deep breaths is a useful technique to reduce any overwhelming feelings you may be feeling.
- **Build in a bit of humour in everyday life** This helps to build resilience and you are better equipped to manage a bad day event.
- **We can usually lower our stress** and feel more empowered when we only focus on what we can control.
- **Plan something fun** Whether it's a movie with a friend, a concert or planning your next weekend away, give yourself something to look forward to.
- **Strive to focus on the positive** of having yet another year of growth and employment rather than focus on the negative thought of "I have to return to work".



In setting **POSITIVE** goals, you will reach your goals faster. This is because creating a goal from a **NEGATIVE** point of view sets you up for failure.

**Negative** goals are based on:



- The removal, absence, or avoidance of something
- Unrealistic or unhealthy/harmful ideals
- Created from negative reasoning

**Positive** goals are:



- Healthy and realistic
- Have a known positive outcome
- Attainable and timely
- Framed positively

By setting positive and attainable goals, you are more likely to succeed and stay motivated than if you set high, lofty goals that are unsustainable and will discourage you from staying on track.

Reach out, take stock of the people in your life you may have lost contact with. While the holidays are filled with opportunities to see friends and family, take some time to look back at previous connections – either friends who moved away or distant family and re-establish dialogue. Rekindling an old friendship often gives us a new perspective on our current self.

*A new year. a new beginning... it's*  
**like turning the page of a book.**

Take time to **breathe deep, renewing, growing, redefining** and **realigning** and step forward into what the future holds.

When we **powerfully embrace** a new year we can't help but make a difference.

Visit a new place

Do a good deed

Learn a new skill

Read a difficult book

Try a new food

Take a risk

Break a bad habit

Write and send a letter

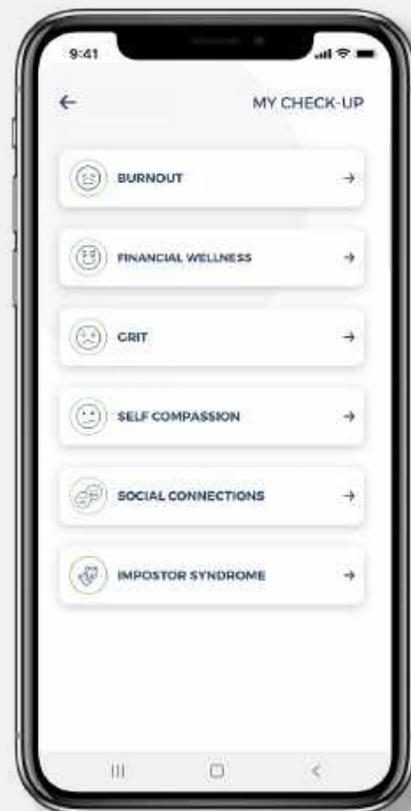
**“ Change is inevitable.  
Growth is intentional. ”**

- Glenda Cloud

What are your intentions for the New Year?... May you grow and all your energies flow and embrace the changes and challenges along with enjoyment for all that is ahead of us for 2021

There are many resources to help you keep a check on your wellbeing

Try the **MY CHECK-UP** tools on your **EAP NOW App**



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