

POST-HOLIDAY TENSION



▶ BACK TO WORK BLUES ◀

Employees dealing with Post-Holiday Tension (PHT) will commonly feel exhausted, irritable, and unmotivated. They may experience an apathy that prevents them from focusing on their tasks, causing their minds to wander instead. PHT may even be expressed through headaches and foul moods. To help you get back into the flow, consider these tips:

Show up to work ready and rested. Nothing will amplify the blues more than returning in a state of exhaustion or disorganization. Get plenty of rest before your first day back, then organize yourself and your workspace to be as efficient as possible.

Be present. You may have thoroughly enjoyed the break, but it's now time to get back to work. Set aside your holiday mindset and direct your energy and attention toward your work instead.

Create and prioritize a to-do list. Doing so can add structure to your work and enable you to more easily focus on the tasks at hand. Include everyday tasks that you may not typically include on a to-do list, as you may need the reminder until you get back into the swing of things.

Define your goals. What are the next targets you are working toward? Determine what you are hoping to accomplish and identify the steps that will get you there. Having clearly-established goals can lift your spirits and provide some much needed motivation when facing the blues

IF YOU ARE IN NEED OF IMMEDIATE CRISIS SUPPORT
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