



FIVE TOP TIPS on how to keep that summer lovin' feelin' going at work

Last autumn I noticed a number of articles in the media warning about increasing numbers of people suffering from post-holiday depression. These days so many people find themselves back at work- catching up, trailing through hundreds of emails, chasing more deadlines, rushing from meeting to meeting, working late, dealing with difficult people ... the list can be endless for some. Is it any wonder that people get stressed and depressed?

Returning from a well-deserved holiday feeling refreshed and having more energy, perhaps even looking healthier tends to make people wish they could make these feelings last. They may have got a sense of what it would be like if they led a less hectic life, had less pressure, took more time out and felt more relaxed all year round.

I think that much of the work overload and the pressure people experience is due to this country's work culture. British people are known to work some of the longest hours in Europe and everyone can feel the pressure, from corporate employees, to teachers and small business owners. In extreme cases the pressure people experience can be 24/7 and relentless.

A holiday is important not only as a time to rest and take time out, but it can be used to assess both where you are and where you are going, in life as well as work. Most people would love to make some changes if only they felt confident that they had a lasting and positive effect on their lives.

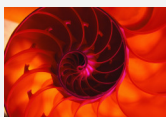
There is a lot that we can learn from cultures that have other concepts of time, allowing people to set different priorities. Therefore why not try to invite a few holiday inspired influences into your working day?

Here are my **TOP FIVE TIPS** on how to maintain a little of the holiday buzz at work and feel more in control of a busy life at the same time:



TIP 1

To avoid getting drawn back onto the same old treadmill, take a little time to think and make a mental note of how you would like to manage your workload or time differently. Better still write your plan down and keep it somewhere visible.



TIP 2

Take a holiday souvenir - a restaurant menu, a brochure, pebble, shell or a picture and place it on your desk, in your briefcase, or your bedside table as a visual reminder. Every day take a minute to look at or hold your item and put yourself back on the beach, the hillside, the restaurant or any place where you felt most chilled out.



TIP 3

Try to treat some of your lunch breaks like a short siesta. Sit in a quiet room (or your car if that's the only quiet space you can find). Relaxing, meditating or power napping will de-stress you, recharge your batteries and may even enhance your performance in the afternoon. If you can't manage a rest how about going for a short walk instead? Why not spend a few minutes on yourself every day?



TIP 4

Plan appropriate rewards for achieving your plans. They could range from treating yourself to an Italian ice cream, a special holiday inspired meal, time out with your favourite music or DVD, a walk, or even a visit to a spa ... whatever takes your fancy.

TIP 5

Use the energy from your holiday high to make things happen. Decide what you're happy to achieve ... 80%, 70% or perhaps even less? Be realistic. If you opt for 100% you may find yourself getting frustrated.



Remember, as a famous sports company has been saying for years, just '**DO IT!**' You may find that preserving that holiday bounce in your step will help you feel more in control and deal with work pressure in a much calmer way... Enjoy!

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