

Tip sheet

How to get over the holiday hump



[Speak to an expert](#)

Whether you're coming back from somewhere tropical or a winter retreat, it can be challenging to get back into the swing of things after a holiday. And nobody wants that panicky feeling of returning after a relaxing few days or weeks. You want to come back recharged, refreshed, and ready to tackle your goals.

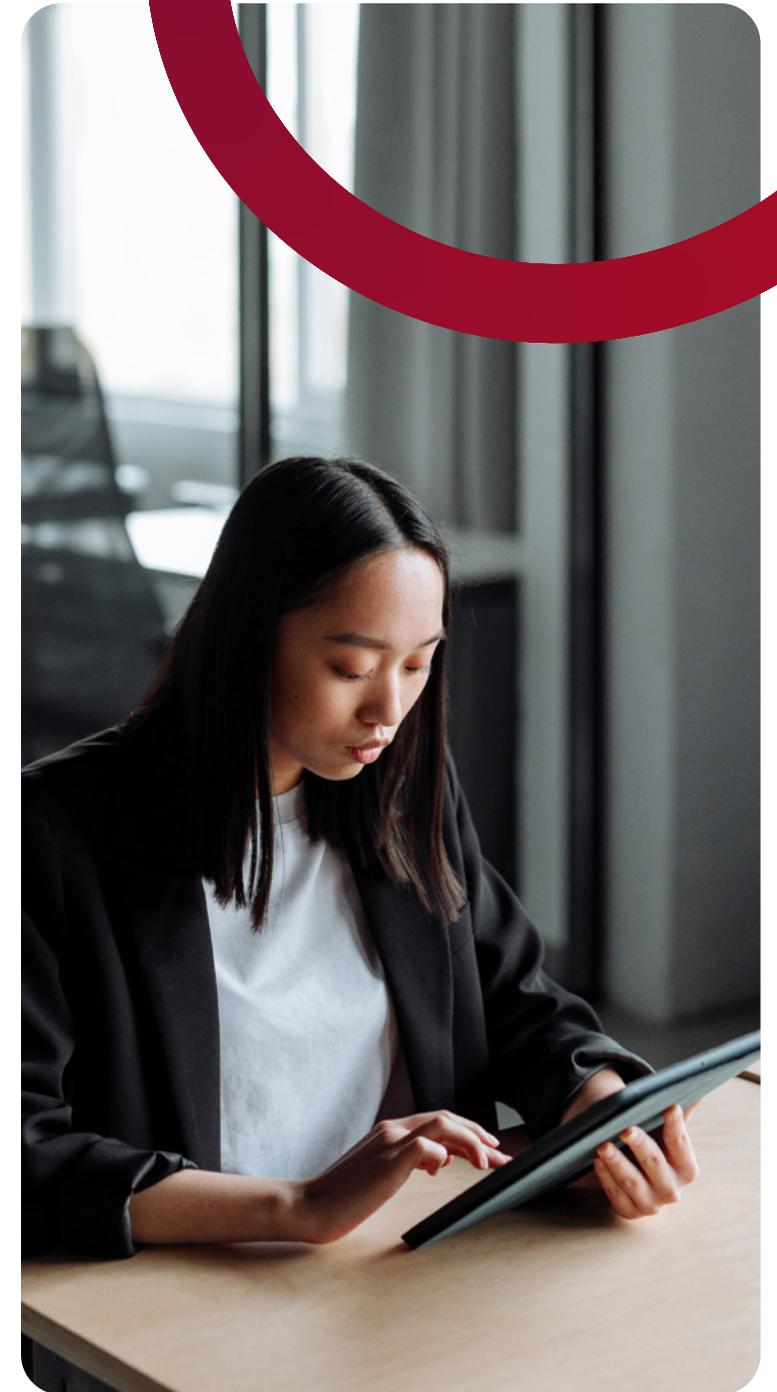
We've whipped up a few tips to help you and your team manage the post-holiday blues and get back to top business.



1

Book some time for your emails

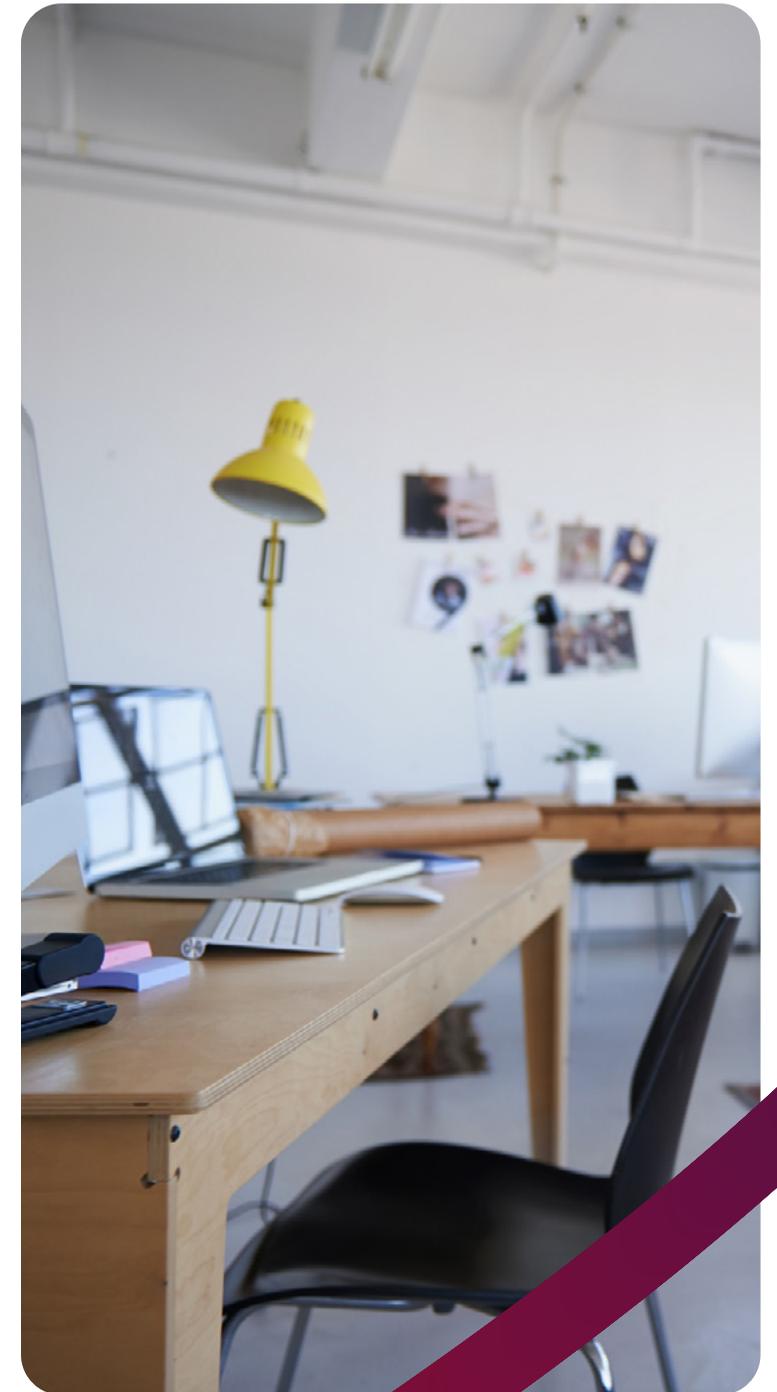
Tackling your inbox can be a dreaded task. One expert-approved tip is to keep your out of office on for the morning you return, booking off time on your calendar, and working through your inbox. Prioritize key message for your role and team, and feel free to be liberal with the delete button.



2

Clear your desk before you leave

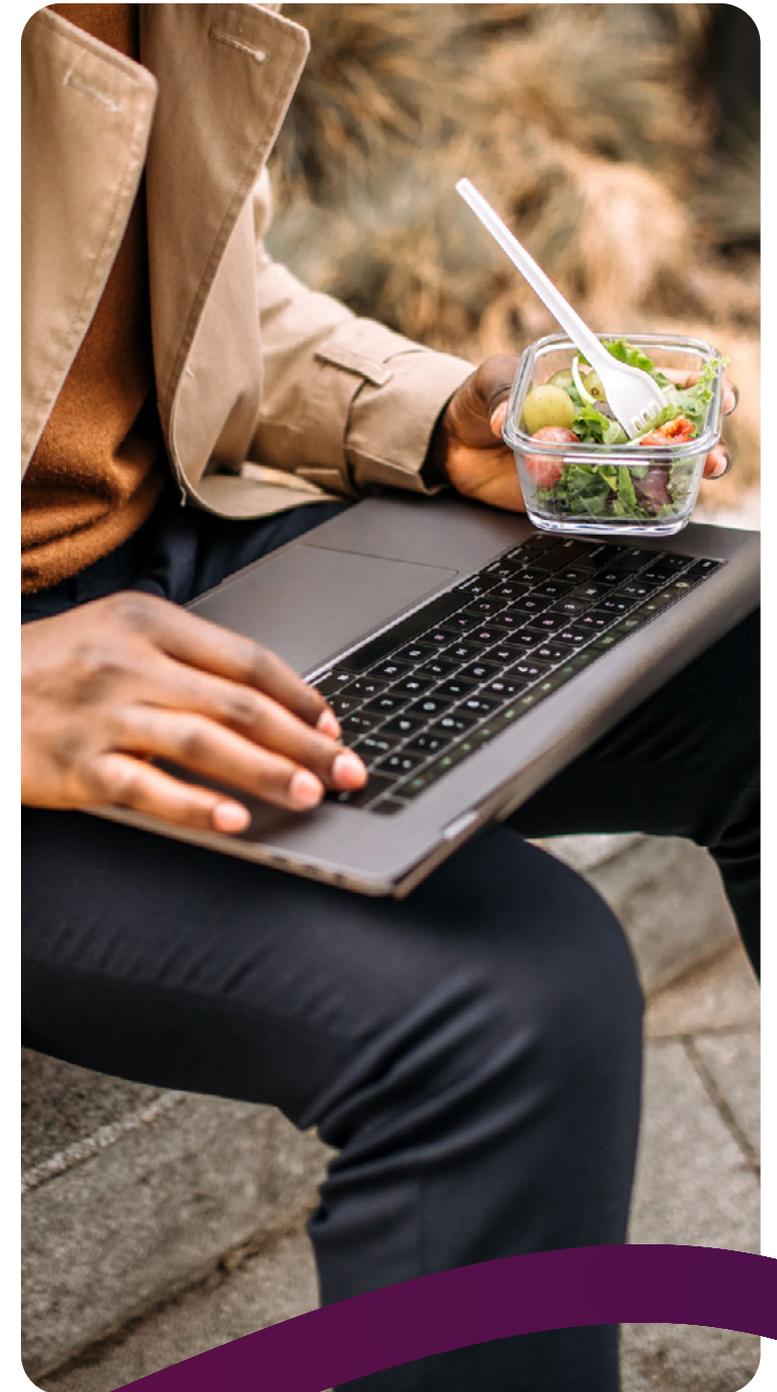
A clutter-free workspace can spark joy and do wonders for your post-break mental health. Put in a bit of elbow grease and time and clean up your desk (at home or the office). Ditch those used post-it notes, sort out the pens, give your laptop, screen, and other surfaces a wipe down and maybe add a nice diffuser to give it that air of freshness. This way, once you return, you have a space that's ready for you to dive back in.



3

Eat well

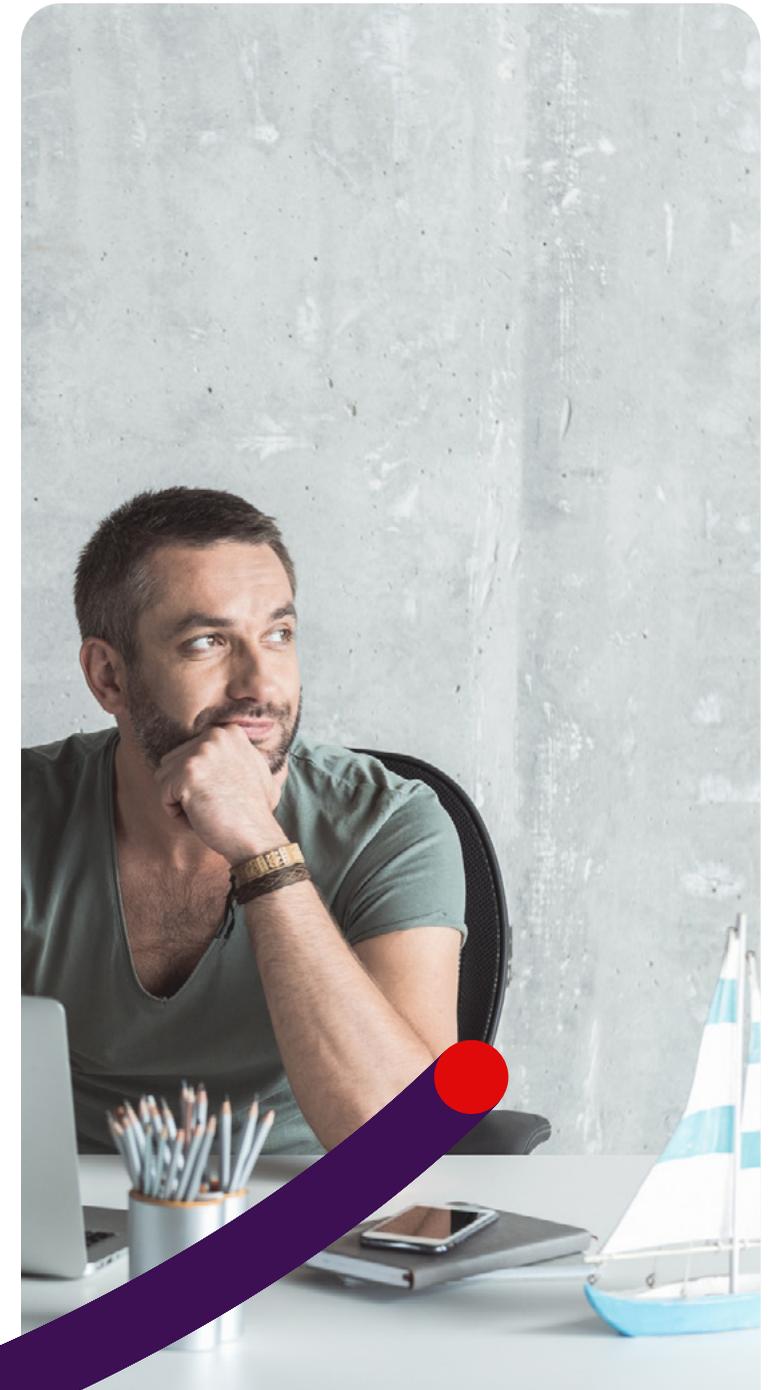
Holidays are usually a time of indulgence and letting loose. Opting for your favorite meal, drink, or dessert seems fine - because you're on a break! One way to combat the holiday blues is to quickly get back on track with any nutritional health goals you may have. It doesn't mean going all rabbit food on your meals - it means being mindful of what you're eating and even doing some prep to keep you on top of your wellbeing. Cooking is also a great way to reconnect yourself with the trip you just had; look to recreate a meal from the trip but instead, add in extra veggies or swap the cooking method for a healthier one.



4

Book some time off

The best way to get over time off is to look forward to another one. Many people look to have their next break lined up as soon they're back online, be it a weekend, a few days off, or a big trip. Having something to work towards on the books can be a positive motivator. Psychologists say that during stressful moments it can be beneficial for your mental health to have something to look forward to.

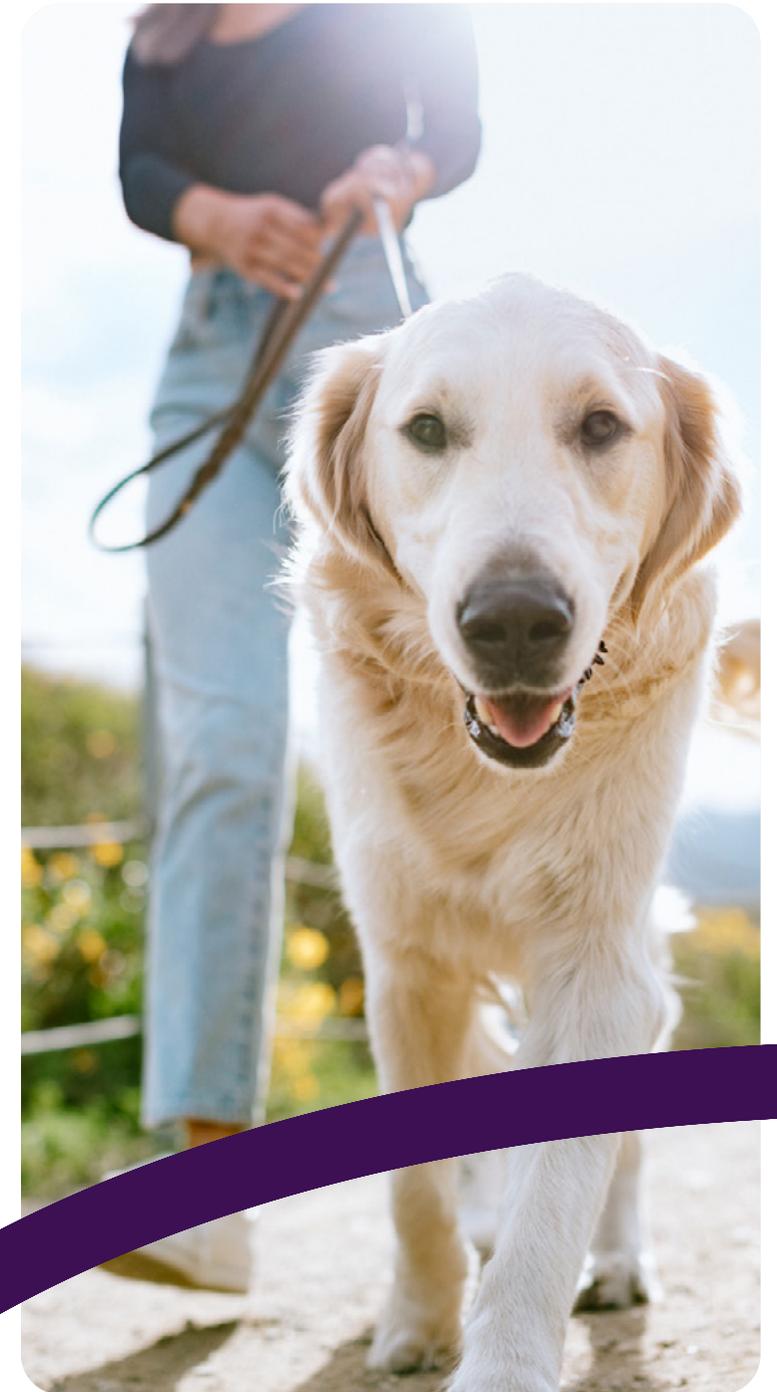


5

Focus on wellbeing

Want to recreate that feel-good feeling of being back on holiday? Put some time aside for your mind and body. Look to get a dopamine hit by getting outside, whether it be a jog, a step challenge, or even switching up your meetings for a walking one. Did you know [a study by Stanford University](#) found that a walking meeting can boost creativity by up to 60%?

Take time for your mind and self-care as well; it can be easy to get overwhelmed once you're back online. Block out your calendar to focus on breathing techniques, meditation, or even yoga to support you in keeping calm amidst the chaos.



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