

Back to work blues?



Going back to work after the holidays can be a difficult transition for many people. The break from the daily routine and the stress of the holiday season can leave us feeling drained and unproductive. However, with a few simple tips and tricks, it's possible to ease the transition and start the new year feeling refreshed and ready to take on the challenges ahead.

5 strategies to help



Ease into it

It's important to give yourself time to adjust to the change in pace. Start by gradually getting back into your work routine, rather than diving in headfirst. Take small steps like going to bed and waking up at your usual times, and working on small tasks before tackling larger ones.

Take care of yourself

The holiday season can be stressful, and it's important to take care of yourself both physically and mentally. Make sure you're getting enough sleep, eating well, and getting regular exercise. Consider taking a yoga class or going for a walk during your lunch break to help clear your mind and boost your energy levels.

Organise your work space

A cluttered workspace can lead to a cluttered mind. Take some time to organise your desk, clear out any unnecessary items, and make sure you have all the tools you need to get your work done.

Set realistic goals

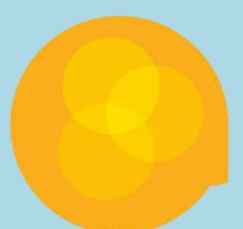
The start of a new year is a great time to set new goals, both for yourself and for your work. However, it's important to set realistic and achievable goals, rather than setting yourself up for disappointment. Make a list of what you want to accomplish and break it down into smaller, manageable tasks.

Prioritise self care

It's important to take time for yourself, even when you're busy with work. Make sure to schedule in time for activities that make you happy, like reading a book, going for a walk, or meeting up with friends.

Remember, going back to work after the holidays can be a difficult transition, but it doesn't have to be. By taking care of yourself, organising your work space, and setting realistic goals, you can ease the transition and start the new year feeling refreshed and ready to tackle whatever comes your way.

If you have any questions or would like to know more, we are here to help! Illuminate Minds is your Employee Assistance Program (EAP) provider and offer free and confidential counselling services both in person or over the phone. Feel free to give one of our friendly team members a call on (08) 6118 2684 to book an appointment.



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