



How to beat the first-day-back-at-work blues



Whether we love or loathe our jobs, it's common to feel a little flat on our first day back after a holiday. Here are some tips to help you sail through it and get back into the swing of things.



1

Prepare your first day back, before you go on hols

Use your out of office message to give details of colleagues, who can be contacted with urgent issues, whilst you are away. (Don't forget to thank them when you get back).

Block out time to meet with these colleagues first thing. They can bring you up to speed, alerting you to priority tasks and emails. Anything else can wait.

Have a nice lunch

Sounds simple but it works. Either plan to treat yourself at a local cafe, or bring a favourite lunch in from home. (You could even choose a food that reminds you of your holiday).

That way, when you're ploughing through emails, you'll have something nice to work towards. By the time you get to lunch, you'll have broken the back of the first day.

2



Keep tapping into the holiday feeling

Think about all the great things from your holiday and how lucky you are to have experienced them.

Close your eyes and remember how you felt on holiday, keep tapping into that feeling. You could even keep a photo or memento on your desk to anchor you back to it.

3



Get some perspective

Transitioning back to our work routines can skew our perspective.

So, if you find yourself getting annoyed (possibly reading an email and thinking - 'Why can't people just get on with things whilst I'm not here?'), take a breath, or make a coffee before responding. With a bit of space, you'll likely find that your reaction softens.

4



Still feeling down?

If these tips don't work and it feels more than just first-day-back-blues, maybe you need coaching to help you make a change.

Visit -

www.pressurevalvecoaching.com
to see how I can help you.

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