

Holding onto that holiday feeling

You can hold on to that great holiday feeling for about 2 weeks to a month after your return, depending on how well you logged off and recharged during your holiday. The fade-out effect is what researchers call this. After that period, you are back to the point where you were before your holiday, in terms of happiness, energy and motivation.

How do you hold onto that holiday feeling longer?

#1 Make it simple

Less stress means more holiday feeling. Stress is caused, among other things, by the feeling that there is so much you need to do. Don't make too many demands on yourself. Do you want to change or take on all sorts of things? Such as eating healthier food, doing more sports, selling your house and taking a course? Put these things all down on paper and then choose one or two things to take on now. And then really do those things, so you can cross them out.

#2 Set targets

Try to find the pleasure and the challenge in your work once again. You can do this by setting goals in your work that you would like to achieve (these can be different from the goals that your manager has set for you).

#3 Exercise

On holiday, you generally exercise quite a bit: swimming, walking, cycling. Try to exercise at home as well, because exercising increases your feeling of well-being. You can also exercise without playing sports. Exercise as much as you can in your usual activities. Take the bike and the stairs more often, instead of the car and lift. Swap coffee dates for walks.

#4 Get enough rest and sleep

During the holidays, you often get up to 8 hours of sleep per night. When you get back home, you tend to fall back into your 'old' pattern of sleeping poorly. Take plenty of time to rest during the day and relax in the evening before going to bed.

5 Take breaks at work

Increase your effectiveness by taking good care of yourself, for example by taking regular breaks. That means pausing with a nice conversation, a relaxed walk, healthy food and, at the very least, getting away from your workstation. Also, make sure you don't drop onto the couch exhausted after work.

#6 Stay offline

Your holiday is probably characterised by the fact that you spend more time offline. You are in your own world and watch the news less and spend less time on social media. This way, you live in your own holiday cocoon. Why don't you keep up that rhythm after your holiday? To keep your holiday feeling, stay away from social media, watch less news and make time for the things I mention below.

#7 Allow yourself free time

Don't let your agenda be filled with "musts" again, but keep room for free time. And in your spare time, you do what you feel like doing at that moment. Just like during your vacation!

Inspired? Get started and take a look at My Health and follow one of [the workshops](#) or [training courses](#)..

