

Back to reality

After 10 days of end-of-year holidays for some, and 15 days for the lucky ones, it's time to face reality and get back to work, with that uncomfortable feeling of mourning the superb holiday you've just had (or not had...).

Gone are the leftovers from the 31st, no more turkey with chestnuts, the oysters have all left their troves, the foie gras has disappeared from the fridge, the smoked salmon has gone back to the ocean, etc. The balanced meal, low in poly-saturated fats and high in fibre, has made a comeback and you're secretly counting on ELDORA to help you keep your New Year's resolutions without having to re-read for the 10th time the secrets of Marie-Claire and Cosmopolitan to hope to fit into your swimming costume this summer.....

Once you've got over this little bereavement, you hold back your tears and realise that you have no choice but to find the mental strength to turn on your computer and get through the hundreds of emails that await you.

But don't worry! The UNION blog team is here to help you make the best of this transition! Follow their sound advice to make your return as pleasant as possible.

Back to work with a smile: 8 tips and tricks :

1 - Start gradually!

When the big day arrives, don't throw yourself headlong into all your files and all the issues that need to be dealt with (leave some for the others!). You have to pick up the pace gradually, just like a marathon runner getting back into the race. Breaking off too abruptly and coming back with a bang is likely to demoralise you in the first few hours. So after you've turned on your computer...go and have a coffee!

2 - Clean out your e-mail inbox

943: That's the number that panics you when you open your e-mail inbox. There's no point in trying to deal with everything on the same day - you won't succeed. The first thing to do is delete any emails that have passed their date or are of no importance to you (newsletters, invitations whose date has expired, etc.) Then sort them in order of importance: emails with a reply deadline / to be read quickly / to be read later / to be archived, etc. This will give you an overview of what's urgent. Then.... Go and have a coffee! (Remember, "start again gradually"...)

There's another technique that's quicker and more radical, but requires a certain amount of courage: throw out all the unread emails and wait for people to get back to you. Peace is instantaneous (but may not last long).

3 - Make a to-do list and stick to it

Start by listing the most urgent tasks for your first day at work, ideally the ones you prefer to be at the top of the list (e.g. going for a coffee!!). By organising yourself in this way, you'll avoid any sources of stress and be able to act more calmly. If you can put off tasks until later in the week, do so to make

sure you do the bare minimum and don't get discouraged. It's also a great way to stay on track! Then... go for a coffee! 😊.

4 - LET THE MOTIVATION COME

You've rested so well over the holidays, yet motivation is struggling to resurface. "Don't panic! Accept that you'll be slower for the first few days; this is perfectly normal. Don't overload yourself and only answer the most urgent emails. Trust yourself: automatisms will quickly return: such as Go for a coffee! 😊 😊

5 - Share with your colleagues

Don't forget that you're not alone when you come back from holiday, your colleagues are feeling the same as you. It's vital to be positive. If you arrive at the office looking dismayed, the transition will be more difficult. So put a big smile on your face. Take the time to ask your colleagues how their holidays went and discuss the most important issues with them so that you can get back to work in a good atmosphere. Perhaps by going.... for a coffee! 😊 😊 😊

6 - Organise a lunch with your colleagues

Avoid isolating yourself. Surround yourself with your favourite colleagues and organise a lunch that's a little longer than usual, outside the office. This will give you the feeling that you're still on holiday. And don't forget.... to go for a coffee together! 😊 😊 😊 😊

7 - Listen to music

Music is a great way to create a positive environment so help your mind by listening to your favourite music. If you ever start to fall asleep, simply turn up the volume. Of course, avoid perforating your eardrums. Above all, don't forget to share your passion for heavy metal, new age music or Annie Cordy with your colleagues, who will appreciate it Otherwise.... Go and have a coffee! 😊 😊 😊 😊 😊

8 - Resume healthy eating and exercise

The festive season is synonymous with all the excesses, so it's time to get back on the right foot by getting back into a healthy diet and sporting activity that will give you that feeling of well-being. And don't forget....to go for a coffee (without sugar...) 😊 😊 😊 😊 😊 😊

We hope these tips have helped you! The Blog Union team wishes you all the best for the new year, and is off to concoct the crème de la crème of articles for this year around.... A good cup of coffee! 😊 😊 😊 😊 😊 😊

And last but not least: don't drink too much coffee 😊