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Beating back to work blues

Mansfield Courier · 15 Feb 2023 · 20

IF YOU'RE experiencing a feeling of dread in the pit of your stomach now that you're well and truly back to work, you're not alone.



After a much-needed, relaxing break over the summer, it can be hard to get back to the grind.

The good news is there are some things you can do to make the transition back to work easier.

One tip for this time of year is to make use of those longer evenings after work by going somewhere or meeting up with friends and family to give you a sense of still being on holiday.

And just because you're back at work doesn't mean you have to forget about having some downtime or 'me' time.

Put aside a bit of time each day or week to do something for yourself.

Make sure you take your breaks at work.

Use your lunchtime to get out of the office for some fresh air, even if it's just for a walk around the block.

Many people put their healthy exercising and eating habits on hold during the summer break.

Getting back into healthy habits will help you feel energised and raring to go.

Back to work blues affect our happiness and one proven way to help battle this is to start planning your next holiday to give you something to look forward to it could even be a weekend away, or something longer.

With Christmas and New Year done and dusted, and the majority of adults back at work, it seems as though the holiday season is well and truly over for another year.

For many people, the beginning of a new year and heading back to the office can often bring a case of the back to work blues.

Experts have suggested that planning and booking your next holiday is the best thing you can do.

However, with just a bit of planning, there are a few times throughout the year where you can utilise your

annual leave in order to take more time off than you thought possible.

The Easter long weekend is approaching, with ANZAC Day as well, you can take holidays soon enough if needed.

Booking a trip early not only allows plenty of time for planning, but also provides you with something to look forward to and can help

increase motivation and get you out of that post-Christmas slump.

The Caravan Industry Association of Australia's Real Richness report highlights that a camping holiday can have real positive benefits to stress levels, with 95 per cent of campers stating that camping reduces their stress levels.

Research has also revealed those who regularly undertake caravan and camping trips are nearly twice as happy and satisfied with life whilst being five times less lonely than non-campers.

The report also found 94 per cent of campers believe that camping makes you appreciate nature more.

The latest data from Tourism Research Australia

supports this, and also highlights that people taking a camping holiday are increasingly looking to interact with Australia's world class nature.

Going to the beach, bushwalking, visiting National and State parks and fishing, rank inside the top five most popular activities for Australians to undertake while camping.