

NACHRICHTEN &
BERICHTE

Agrar- Forstwissenschaften
Architektur Bauwesen
Automotive
Biowissenschaften Chemie
Energie und Elektrotechnik
Geowissenschaften
Gesellschaftswissenschaften
Informationstechnologie
Interdisziplinäre Forschung
Kommunikation Medien
Maschinenbau
Materialwissenschaften
Medizintechnik
Medizin Gesundheit
Ökologie Umwelt-
Naturschutz
Physik Astronomie
Studien Analysen
Verfahrenstechnologie
Verkehr Logistik
Wirtschaft Finanzen

Anzeige



Weitere Förderer



Ads by GoogleCLM GranadaPNL GranadaYoga GranadaGranadaGranada Hor

Home → Fachgebiete → Medizin Gesundheit → Nachricht

Dividing up your holidays into several periods can help prevent post-holiday syndrome

20.06.2007

> nächste Meldung >

Dividing your holidays into several periods instead of taking the full period in one go can help prevent post-holiday syndrome, says an expert from the UGR

Anzeige



- Psychologists estimate that 35 per cent of Spanish workers between 25 and 40 will have to face the syndrome this year

Ads by Google

Vuelos Granada

Granada a bajo precio Comprueba nuestras Supertarifas
www.terminala.com

Property under £100k

Apartments in Granada, Andalucía register for free buyers guide
www.propertyvunde

work after finishing holidays.

Humbelina Robles Ortega, a researcher of the Department of Personality, Assessment and Psychological Treatment of the University of Granada, warns that getting back to routine can cause both physical and psychological symptoms. "Usually, when the post-holiday syndrome causes physical symptoms, it is nothing but the physical expression of psychological unease", she states. Tiredness, lack of appetite and concentration, drowsiness or sleeplessness, abnormally rapid heartbeat and muscular ache are just some of the physical symptoms of this illness. The psychological symptoms include irritability, anxiety, sadness, couldn't-care-less attitude and a deep feeling of emptiness.

According to professor Robles Ortega's advice, a good way of preventing this illness is to divide the holidays into several periods, instead of taking the full period in one go: "If our holidays last one month and our employer allows us to do so, we could take fifteen days first and another fifteen days later on. This will prevent anxiety and we will be under the impression of a longer holiday. Moreover, changes in habits won't be so radical and permanent and, therefore, re-starting to work won't be so traumatic."

Apart from this, the UGR researcher recommends "to establish a period of re-adaptation" to work from holidays, for which "the best decision" is to get back home a few days earlier than to work. "Along these two or three days we should get back to our everyday habits or give up those adopted during holidays, such as going to bed later than usual or having some siesta sleep after lunch". The aim of this gradual return to daily life is "to prevent the re-start of work from being so traumatic".

Robles also recommends "not to attach too much importance" to this illness and to face the moment of getting back to work "as a new period full of

Anzeige

4%
mehr!
Wirklich
fette
Zinsen
gibt
es bei
uns.



Anzeige


☒ Produkt ☐ Firma

suchen

Die
Lieferantensuchmaschine

Aktuell

Der Stand der Dinge - wie leben Studierende in Deutschland heute?
20.06.2007 | Studien Analysen

Center in the City - Wirkungsanalyse großer innerstädtischer Einkaufszentren
20.06.2007 | Architektur Bauwesen

Fontänen-Atomuhren werden noch genauer
20.06.2007 | Physik Astronomie

Anzeige