

INSIGHT

WTC COMMUNITY WEEKLY



Post-Holiday Blues

Hello 2021! It's Thursday, you almost make it to the end of the first working week of 2021, congratulations!

Yes, yes, we all know that heading back to work after the joyful highs of the holidays can lead to what's known as the post-holiday blues, causing low energy, increased anxiety, lack of focus, and overall unhappiness at work.

It is typically short-lived, followed by the excitement of planning yet another upcoming holiday or vacation. However, although the majority of workers experience back-to-work blues, not everyone will understand. But that doesn't make your distress less valid. So, confide in those you're close to and understand that no matter what, you're justified in how you feel.

Yours trully,
the community editor

5 Tips to Beat the Blues

- 1) Remind yourself about the big-picture and focus on defining (or re-defining) your WHY.
- 2) Reconnect at work.
- 3) Use your fresh creativity to make changes for the better.
- 4) Make time for self-care.
- 5) Live in the now.

Source: Forbes.com