

Squiggly Careers PodSheet

How to avoid a holiday hangover



Reboot, reflect and reset



Taking time off gives your brain a break and improves your capacity to learn.

“

When your brain is completely relaxed, it consolidates knowledge and brainpower. ‘Aha’ moments come when you’re in a relaxed state of mind.

”

Brigid Schulte

5 ideas for pre-holiday prep

1. Plan your first day back



Clear your diary as much as possible and avoid meetings if you can.

? *Is as much as possible moved in your diary for your first day back?*

2. Build your 'I'm on a break' boundary



Decide whether you are switching-off or staying slightly connected

? *Have you shared if / when / how you'll be checking in?*

3. Decide on your digital distractions



Pause notifications that will bring your brain back into work mode

? *Could this be an experiment to see what notifications you need?*

4. Own your Out of Office



What FAQs come your way? Use your OOTO to answer in your absence.

? *Who do you need to let know in advance that you're going away?*

5. Find a heads-up helper



Who can fill you in on what's happened before you get back?

? *Who do you trust to get in touch and keep you up-to-date?*

3 tips for finding post-holiday flow

1. Focus on your quick wins

Create a sense of achievement in your first week back by progressing something small that could boost to your energy.

Quick wins to consider...



- Clearing your inbox.
- Scheduling a curious career conversation.
- Investing in learning a new skill.

2. Reset your goals

Identify 3 goals you want to achieve in the next 3 months to give you direction and reduce the risk of back-to-work boredom.

Goals to go after...



- **People:** Who could you help and how?
- **Projects:** What could you deliver that would make a difference?
- **Process:** How could you improve the way that something works?

3. Recharge your relationships

Reconnecting with colleagues that are important to your career provides you with post-holiday meaning and motivation.

Relationships to invest in...



- **Supporters:** who can you talk about your goals and gremlins with?
- **Sponsors:** who can open doors for your development?

Coach Yourself Questions

? **How do I want to feel after my holiday?**

? **What can I do now to give me that break that I need?**

Recommended resources



Overwhelmed: Work, Love and Play When No One Has the Time
Brigid Schulte



The Power of Time-off
TED talk by Stefan Sagmeister about the importance of taking time off.



Understanding the power of rest.
with Alex Soojung-Kim Pang
Squiggly Careers Episode #164