

How to get over your post-vacation blues

Julianne Lowell – January 16, 2014

We all know that feeling: the one when you return home from a fabulous trip and **struggle to** reacclimatize to everyday life. Post-travel hangovers can leave you exhausted, unmotivated, or blue (if not all three). But with a few simple tips and tricks, you can beat the inertia, get right back into a productive routine, and even infuse your home life with the excitement and inspiration you felt while you were away.

Unpack

Do this, if nothing else: Unpack your bags as soon as possible. While you might tell yourself that tomorrow is just as good as today to begin the annoying (and potentially heartbreaking) process of removing all signs of your recent trip, you're really just **fooling yourself**. Each day that you let your unpacked suitcase take up space in the corner of your bedroom is another day that you're not fully committing yourself to the present time and place.

Go grocery shopping

Your fridge is most likely empty—or smelling weird from that spinach you forgot to throw away before you left—so clean it out, then head to the grocery store and stock up on your regular essentials. It may seem like a small thing, but having your **go-to** snacks and food items right where you're used to seeing them will go a long way toward making your house seem like home again.

Detox from vacation food

One of the best parts of traveling is trying out new foods and savoring every last special treat. But when you get back, your body will probably be **craving** fruits and veggies, so give it what it needs. Take a break from rich, heavy foods by avoiding delivery food and preparing a few healthy dinners yourself. While it might seem ho-hum after a week of dressing up and going to restaurants, making a meal in your own kitchen can really help you settle back in and get a healthier eating routine back on track.

Get some exercise

Beat the post-travel blues by releasing some endorphins via physical activity, whether it's getting back to your yoga-class schedule or going on a run. The disappointment you might feel as a result of your vacation's end can lead to the feeling that nothing—aside from getting on a plane and heading straight back—can bring about that same energy again. Blast away those thoughts with a good workout session and remind yourself that there are many ways to get that feel-good boost.

Organize your photos

Wait too long to unload, edit and share your travel photos and you'll run the risk of forgetting the rich details of your trip. Don't let your camera collect dust: Block out a few hours and organize your snaps. Instead of mourning the loss of those scenic vistas, relive your vacation by making a photo album that serves as a reminder of why you love to travel.

Beat the jet lag

On your first Monday back in the office, don't give in to that need to crawl under your desk and take a nap at 2 p.m. Instead, fight your jet lag by going to bed at the normal hour for your current location (taking melatonin or sleep aids if necessary) and staying hydrated.

Nurse your reverse culture shock

To beat that "What am I doing in [insert boring place] when I could be back in [insert fabulous vacation destination]?" feeling, try to remind yourself of the things that you love about your hometown. What that means is entirely subjective, but it could be anything from taking a walk through a nearby park to **catching up with** friends at your favorite neighborhood bar. Just remember that if you were always on vacation, there'd be nothing left to **look forward to** (and you'd have no money left).

Plan the next one

While trying to readjust to regular life, make sure you take time to reflect on your trip and share the details of your getaway with friends and family. Think about everything you learned and what you most want to take away from the experience. And then start planning again! There's no better way to cure a travel hangover than to pull out a map, do some research and get excited about the amazing adventures to come.

Adapted from: <http://www.usatoday.com/story/travel/2014/01/16/post-vacation-depression/4494763/>

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