

# 5 Stages of the Holiday Blues

AND HOW YOU CAN BEAT THEM

## THE HOLIDAY TIMELINE

A staggering ¾ of Brits claim to suffer from what is commonly referred to as 'post-holiday blues'. What are they, when do they occur and how do we combat them?

### 1. You're going on holiday.

You make your work colleagues aware of it. Often.



53% of Brits travel abroad 1-3 times a year

56-70 year olds are the most travelled 13% of them go away 5+ times a year

Employees in retail go abroad the least with 28% going once a year

### 2. Arrive at the hotel.

Proceed to taking pictures that will make friends and colleagues jealous. And, relax.



Europe is the destination to leave Brits with the worst feeling of holiday blues

Over 70's admit they don't miss their friends while on holiday

Only 2% of Brits felt they had the holiday blues after their honeymoon

### 3. Eat food, take naps, do great things.

Start to wonder if your pet misses you...



46% miss their home comforts while on holiday

24% miss their pets

5% miss their children

### 4. Sneak a peak of your emails.

Ignore the creeping holiday blues that begin to set in.



70% of Brits suffer from holiday blues

Females (82%) suffer from the holiday blues more than males (70%)

Healthcare workers suffer from the holiday blues most with 85%

### 5. Back at work.

Your tan is fading, and you begin to wonder when you'll next see sun. Thank god for your own bed, though.



65% of Brits feel like they need a holiday just to recover from their holiday

72% believe healthy eating and exercise will cure their holiday blues

31% of Brits have already booked their next holiday within weeks of returning

You've seen the timeline, read the stats but you're still back at work drowning in unopened emails. There's light at the end of the tunnel, we promise.

## THE 5 STAGES OF HOLIDAY GRIEF



1.

### Denial

Work isn't so bad; I don't mind it that much, at least people have noticed my tan and the office doesn't smell of food today.

What is this?! Why am I only just hearing about this problem now?! Why didn't anyone CC me in the email; I was on a beach, not Mars.



2.

### Anger



3.

### Bargaining

It's ok, just think about the next holiday. When's that, in 6 months time?! No. Ok, I'll just have to book another before then.

Wow I hate it here. Why is it raining? It's August! Do I even like my job? I feel rubbish. I can't even afford to book another holiday.



4.

### Depression



5.

### Acceptance

Only 153 days until two weeks in the Maldives. I can last that long, it's fine. Christmas is soon, then Valentines, then my birthday.



## DOCTORS ORDERS

We spoke to psychology and nutritional experts to help solve the holiday blues

"See them as a positive. They are telling you something important about your life as a whole. Try to identify what it is you feel most low about. Is it the weather/the lack of freedom/not being with a loved one as much or certain aspects of your job?" - Dr Rachel Andrew, Psychology (BA Hons.), Associate Fellow of the British Psychological Society

"Set in motion immediately to organize, array, and share photos, souvenirs, and mementos for everyone. Sharing is often reliving." Dr Michael Brein - PhD Social Psychologist & Travel Psychologist

"Aim to have a day at home before you go back to work, so that you're not going straight from lying on the beach to sitting at a desk." Dr Jessamy Hibberd BSc, MSc, DClinPsy, PgDip

#### Sources:

- Just Fly Business surveyed 700 of their own customers in which these statistics were taken from.
- Dr Rachel Andrew from Time Psychology Ltd
- Dr Michael Brein from <http://michaelbrein.com/>
- Dr Jessamy Hibberd from <http://drjessamy.com/>