

## January 2014- How did you start the week?

Did you bounce out of bed on Monday, fully pumped, brimming with enthusiasm and ready to hit the ground running with zippidy-do-da goals and resolutions for the New Year?

Well I for a fact, didn't.

Monday heralded the end of the holiday season for many and the return to work, routine, the rut, the rat race, the daily grind...call it what you will.

All I wanted at 6.00AM on Monday morning was to freeze time in bed with a cup of extra strength Dilmah tea in my hand.

Whilst the rational brain was shouting 'get up, get cracking and seize the day', the emotional brain was saying 'get lost, you've got to be kidding me...it feels so good here in bed!'

Rather than beat myself up for letting the soothing voice win the shouting match, I took comfort in the knowledge that it's never easy getting back into routine after holidays and that it's OK to feel out of sorts and out of kilter.

Interestingly enough, I then happened upon a nifty little article in Body + Soul Daily (originally published on [bodyandsoul.com.au](http://bodyandsoul.com.au)) on how to beat back-to-work-blues, the essence of which read as follows:

1. TAKE IT EASY – pace yourself on your return and take small breaks. Stretch, go outside...take a proper lunch break.
2. REMEMBER TO BE POSITIVE – Think *The Life of Brian* and 'always look on the bright side of life (enter whistle sound effects)...' Be grateful you even had a break!
3. LET THE CREATIVE JUICES FLOW – an R&R break is great for sparking creativity. Don't get back into same old same old. Change your space, mind map, doodle, dream.
4. BLUES ARE TEMPORARY – go easy on yourself, have a massage, grab a movie, have a treat, have a Kit Kat...oops...not good if you're on a diet!
5. FOCUS ON A NEW PROJECT – it can be fun or work-related. Do it to keep your mind active and your body healthy.
6. DON'T MAKE ANY DRASTIC DECISIONS – the haze of holidays might cloud your judgement, so don't quit your job, dump the boy/girl friend or do anything radical!
7. PUT YOUR HEALTH FIRST – say yes to good nutrition...up the water intake, control the alcohol and caffeine and shake your booty!

The good news is that it's Friday as this hits your inbox, so you should be well on the way to finding your groove.

Ask yourself how you finished the week and you'll soon discover how resilient you are...or not, as the case may be (remember, I'm only a phone call away!)

In summary, if this newsletter does nothing more than get you focussed on the word GRATITUDE in #2 (saw it on a car rego the other day and was grateful for the reminder) or stir up any thoughts whatsoever in relation to the content, which might incite you towards some positive action, then I will have delivered.

Having had 3 shots of coffee today (one too many for my own good), I am now about to deliver to self and to swallow a hefty dose of my own medicine ☺

Over to you...