



Post holiday blues

RECOVERY CHECKLIST

The holidays and vacations are over and it's time to go back to work.

But, are you ready?

What are **post-holiday blues**?

Symptoms that people experience for up to

10 Days

when returning to work after a holiday.

30%

of the population suffers or has suffered symptoms associated with post-holiday blues¹

Why is it bad?

2.14

work days lost per employee before they return to normal working output²

28%

of employees spend the first few days back trying to zero out their email inbox³

For every

14 minutes

employees are distracted at work cost companies

2.6%

overall productivity loss due to presenteeism⁵

2.7%

decrease in GDP as a result of productivity loss⁶

\$450M

in lost productivity/wages⁴

How to recover from your **post-holiday blues**



- If possible, don't return to work on the same day
- Unpack your luggage immediately; don't draw it out
- Accept that you have the "blues"
- Take some time to enjoy photos and memories
- Frame your memories
- Go exercise
- Keep busy!

How to regain and maximize your **time and productivity**

- Don't turn off "Auto Reply" notification on the same day you return (no need to tell everyone you came back)
- Don't take the "zero-out inbox" approach. Your first day back is not the best day to tackle this.
- Make a to-do list and prioritize what is urgent
- Start with a small task or project
- Do "smart" meetings and push off non-urgent ones
- Use **Sapience** to track your time to better understand how it's spent and when to take breaks



Having a better understanding of time spent on activities helps you regain productivity and get you back to your routine faster.

Sapience can help you do that with automatic and factual data at an enterprise level that protects individual privacy so that you can focus on what you need to.

About Sapience Vue

Sapience Vue is our automated Enterprise Work Activity Analytics, Insights and Productivity product that accurately captures effort data in a contactless manner and provides actionable insights for fact-based decision making by keeping employee privacy at its core.

With our actionable insights, self-reporting, and predictive analytics, you can build your new Way of Working WoW by streamlining:

- Remote working
- Workforce productivity and analytics
- Outsourcing governance
- IT software management
- End-user experience management
- Sales Workforce Productivity

Sapience is the recipient of several industry awards for its innovative product and fast growth, including Dun & Bradstreet, Frost & Sullivan, TiE50 – Bay area, NASSCOM, and IDG Channel World.

Sources

¹<https://www.irbbarcelona.org/en/news/how-to-get-back-into-the-swing-of-the-laboffice-after-a-holiday>

²https://www.medibank.com.au/Client/Documents/Pdfs/sick_at_work.pdf

³<http://www.teamzeusapp.com/blog/tag/holidays/>

⁴<https://zerocater.com/blog/2018/11/06/how-to-not-lose-track-of-productivity-during- hectic-holiday-weeks/>

⁵<https://www.roberthalf.com.au/blog/employers/presenteeism-affecting-your-workplace>