

Work Health Chronical

(Nathalie Puig Jansson)

The Holiday Paradox

Around 3% of employees report regularly becoming ill during holidays or weekends. Researchers have linked this phenomenon, known as *leisure sickness*, to high workload, difficulty switching off and a strong sense of responsibility at work. (Tilburg University) For some professionals, holidays do not create fatigue. They reveal it. When deadlines and responsibilities disappear, the body no longer needs to stay in "performance mode". Fatigue, exhaustion or even illness may then become more apparent. Recovery is not only about taking time off. It is also about learning how to transition from constant mobilisation to genuine restoration.

Preventing the Holiday Paradox

Recovery depends more on routine than on holidays.

• Nutrition

- Protein- and fibre-rich savoury breakfast.
- Avoid snacking.
- Allow 4–6 hours between meals.

• Sleep

- No less than 7–8 hours per night.
- Prioritise sleep before midnight.

• Stress

- 4-4-4 or 4-7-8 breathing for 5 minutes
- Inhale – Hold – Exhale.

• Nature

- Aim for 2 hours outdoors each week.

Small habits practised consistently help prevent fatigue from accumulating.