

Practice - Newsletter - September 2023

Topic of the month

"Post-Holiday-Syndrome" - The depressed mood after a vacation



Do you know this too? For weeks you are looking forward to your vacation, dreaming of your dream destination, imagining all the things you will or won't do, finding out what there is to do there, making plans, organizing everything, making sure that the most important things are done beforehand, and then it's over in a flash and you're back at your desk with a strangely empty feeling, standing in the workshop, functioning in the practice, office, workshop, nursing home, as if nothing had happened. After just a few hours, there is nothing left of the splendid vacation mood, and after the first day of work you are already so exhausted that you would like to quit or at least return to your vacation destination immediately. There are actually technical terms for this phenomenon, we talk about the "Post-Holiday-Syndrome" or the "Post-Vacation-Depression".

Now I don't want to bore you with the usual practical tips that can be found in heaps on this topic on the Internet. It is clear that you can do a lot on the action level to defuse the phenomenon with better time management, functioning substitution arrangements in the company, mutual support in the team, setting priorities, etc.

No, I would like to look a little more behind the scenes of your intellectual consciousness and see what is hidden behind it.

Up to this point it should have become clear that the "Post-Holiday-Syndrome" is a mild form of depression, i.e. a mild adjustment disorder. It is difficult for you to find your way back into the routine from which you broke out for a limited period of time. Even this formulation gives us a first hint of what might have happened:

There was a routine and there was a need to break out. The routine had obviously taken on unpleasant traits before the vacation, you didn't feel completely comfortable with your everyday life, you had the feeling that you needed a break, that you needed to break out for once. Spontaneously, the old chanson by Udo Jürgens comes to my mind: "I've never been to

New York, I've never been to Hawaii, I've never walked through San Francisco in torn jeans, I've never been to New York, I've never been really free, be crazy once and escape from all constraints...". An unforgotten evergreen that is hardly missing from any hit party, because it addresses longings and dreams that an unbelievable number of people have and of which they often don't really know what lies behind them and how they can satisfy these longings permanently.

Carl Gustav Jung, the founder of analytical psychology, once said about depression: "Depression is like a woman in black. When she appears, don't shoo her away. Invite her in, offer her a seat, treat her like a guest, and listen to what she has to say."

So what does that little post-holiday depression say to you when you listen to her? Maybe she says things like, "The fresh air, water and sunshine did me so much good, I felt so care-free, so light, so free!" or "Making the day without pressure of deadlines was so wonderful, getting up and eating when, where and what I want, being self-determined, not having to meet expectations and somehow being in control of my time was just delightful!" or maybe even "Not having to endure the constant intrigue and mobbing at work for once for two weeks was just so restorative, no complaining from unhappy customers and no bad moods from superiors!"

These are emotions of the unconscious, which you can take seriously. I invite you to have a closer look at the symbolism or meaning of the individual terms together with me:

Fresh air: elixir of life, oxygen, breath, prana, divine breath of life, energy of life, "breathe to live".

Water: beginning of evolution and every individual life, purification, renewal, baptism

Sun: life-giver, Re (Egyptian sun god), resurrection, warmth, clarity, brightness

Deadline pressure: external determination, obligation, lack of freedom, burden

Expectations: External determination or self-expectations, obligation, pressure, projection of unconscious parts of one's own psyche onto other people

Control: heteronomy or self-control, bondage, holding on to things

Time: intellectual construct for organizing human action, basically there is only "now", since the past no longer exists and the future does not yet exist. Since this is so from one millisecond to the next, time realistically does not exist.

Intrigue: Action strategies based on base, emotional motives to inflict harm on others. Background is usually a lack consciousness and low self-esteem of the intriguers. This is where intrigue differs from conspiracy.

Mobbing: "[...] psychological violence defined by the repeated and regular, predominantly mental bullying, tormenting and hurting[1] of an individual by any group of people. [...] Researchers who view bullying as a complex psychosocial process give significant importance to the work environment, the organization, all participants, and the nature of interpersonal interaction in organizations.[23] [...] According to some bullying researchers, victims of bullying are on average more fearful, submissive, and conflict averse. [...] Another cause of bullying is considered to be the personality of the bully. Some authors assume that people become bullies to compensate for their weak self-confidence.[27] According to this, bullies use victims as whipping boys and as a projection screen for their own negative emotions." (translated from German Wikipedia, English source: <https://en.wikipedia.org/wiki/Mobbing>)

Bad mood: Colloquial term for dejection, a mild form of depression (Latin "depressio" from Latin "deprimere" = to depress).

So what does the little depression after the vacation tell you? Based on the above breakdown of the individual terms, the answer might be: "I realized on vacation how poorly I live, how much I have cut myself off from the higher, "divine" aspects of my being, how messy and depressed I sometimes feel in everyday life, how much I have gotten caught up in the intrigue of egos - my own and others' - becoming a plaything of projection and counter-projection, fulfilling expectations out of a need for belonging and recognition. for which I was not responsible at all, just because someone else was too comfortable to take self-responsibility and the same thing happened to me and others fulfilled my expectations to get my love and

recognition and so we got entangled with each other and now I can't breathe, don't have enough warmth, clarity and freshness in my life anymore. "

So that which did you so much good in the summer resort by the sea is a symbol of certain psychological states that you long for and the fear of other, self-inflicted psychological states that burden you. And that's a good thing, because otherwise there would be no hope of rest and relaxation for you when you're back in Castrop-Rauxel, sitting on the seventh floor in your condominium or your open-plan office, and there's not a sandy beach in sight far and wide.

So, what does the state of consciousness look like that allows you to linger daily on the "inner sandy beach of carefree joy"? This is a very individual question, and the answers to it can look quite different in practice. But as you have seen in the above breakdown of the individual terms, there are a few universal elements:

Breathe! No matter how great the pressure seems to get, don't forget to breathe! Take time in between to do breathing exercises, breathe deeply into your belly, practice diaphragmatic breathing. Elke and I have a lot in store on the topic of "breath", book your appointment now! 😊

Use the power of water! In the morning, mentally connect with the essence of water, perhaps visualize a waterfall and place yourself under it in your mind's eye, also works well in the shower! Drink enough energized water. Also, here I have recommendations for you, if you need some, talk to me.

The power of the sun has not only a physical aspect, there is not only the sun you see in the sky, the sun has higher spiritual aspects. In your meditations, focus on the point between your eyebrows and discover the sun behind the sun, which gives you spiritual clarity and higher consciousness.

Do not let time enslave you. Time is a tool that should work for you, not against you. Prioritize and don't do things to please and get recognition. Determine what you want to do and when, and then do it with the necessary flexibility. You are not here on earth to please, but to be the wonderful being that you are and to share your joy, love and competence with your fellow human beings. This sometimes also includes to make yourself unpopular with one or the other and to step a little on the blasé little foot 😊.

With this inner attitude you will also keep yourself out of lies, intrigues and bullying, you will get less bad moods yourself and you will be less susceptible to those of your fellow human beings, but you will be able to love them through their little depressions, just like yourself.

Dates, important and current events:

➤ **Elke's date preview:**

SEP 01, 2023: Online meditation

SEP 07, 2023: Introduction to a short healing fast to "reset" the body; thereafter until 13.09.2023 fasting days

SEP 21, 2023: Cycle of the year-festival for the autumnal equinox: Topic: Sharing Wealth

For more information, please contact Elke: naturheilpraxis.tegel@gmail.com

➤ **At irregular intervals on Sundays from 15:00 - 18:00** we organize a spiritual devotion, i.e. common prayer and singing, Bible text with metaphysical interpretation, joint meditation. **Next date: 15 OCT 2023.**

With this I wish you a lot of joy for September and of course I am happy to be able to support you in these processes.

Your Jörg Schuber



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