Fruits and vegetables against the post-holiday syndrome

With the return of the holidays an important part of the population suffers from what is called "post-holiday syndrome." This syndrome, which affects about 35% of workers between 25 and 40 years, resulting in some physical symptoms such as fatigue, insomnia, muscle aches. and along with these other symptoms appear Psychic irritability, nervousness, sadness or lack of interest.

A positive attitude is more than necessary to overcome this malaise, always bearing in mind that it is a temporary condition and greatly suggestive rather than physiological type. However, diet and exercise are of great help to lift the mood is depressed during this transition period.

First, we must keep the organization at meals without skipping any of them do not go too long without eating. It is essential to include at least 5 servings of fruit and vegetables a day, as we provide vitamins and minerals that are vital, including folic acid, magnesium, and vitamins C and B6 which helps to reduce tiredness and fatigue.

On the other hand it is important to avoid or reduce the intake of beverages known as "exciting" such as coffee or caffeinated soft drinks and also drinks alcohol.

Finally, remember that a proper diet and regular physical activity are crucial to regain lost pace and deal with the stress that accumulates the early days of incorporation to work after a holiday period.

Source: "5 al día" association