

HOW TO PREVENT & MANAGE BURNOUT

- **Deen vs Dunya** - It can be easy to be swept up into materialistic or worldly thinking during the holiday season. Prioritise frequent Istighfar and Taubah, and teach yourself to remain aware of Allah Ta'ala at all times.
- **Organise** - Pre-planning helps curb stress and anxiety, allowing you to achieve delayed gratification.
- **Create pockets of happiness for oneself** - Sometimes a busy schedule cannot be avoided; nevertheless, it is important to try and find happiness amidst the chaos.
- **Spend meaningful family time together** - appreciate each other's company and foster healthy connections.
- **Moderation is key** - Take care to avoid overeating, oversleeping, overspending and even over-socialising! Engage in self-care activities like exercising, appreciating the outdoors and offering supplementary prayers.
- **Recovery** - Remember that when the holidays start drawing to a close, you are transitioning from a relaxed, getaway mindset to a more responsibility-driven mindset. Pace yourself and ease back into your daily routine.
- **Practice Gratitude** - Habitually incorporate Shukr (gratitude) into your time. Show constant appreciation for the bounties of Allah Ta'ala, the beauty of His creation, and the privileges He has allowed you to experience.

Nabi ﷺ “There are two blessings which many people waste: health and free time.” (Bukhari)



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HOW TO PREVENT HOLIDAY FATIGUE?

**Learn How To Plan Ahead
& Beat The Holiday Blues**

Published By:



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ISLAM PROMOTES MODERATION & BALANCE

Moderation and balance is a central characteristic of the Islamic creed and has been practiced from the very beginning of Islam. It refers to a justly balanced way of life, avoiding extremes and experiencing things in moderation.

Moderation and balance is applicable in all aspects of life, be it worship, relationships, ideas, consumption, or daily activities. Moderation is one of the defining characteristics of good character in Islam.

“Thus, We have made you a justly balanced community that you will be witnesses over the people and the Messenger will be a witness over you.” (Surah Al-Baqarah - Verse 143)

THE NEED TO REST AND TAKE A BREAK

Vacations or holidays are a time for relaxation, recuperation and rejuvenation. So structure your vacation and breaks in such a way that it truly becomes relaxing rather than tiring. Many individuals find themselves wanting a break after a holiday. If you can relate to this, it's possible that you are prone to experiencing holiday fatigue or burnout.

Holiday fatigue is often the result of a tiresome and high-energy holiday. People can have difficulty adjusting to 'normal life' once the holiday has come to an end.

PRE-HOLIDAY STRESS

Fatigue often begins early. This can be a stressful time, especially for many parents who are planning and organising, packing for trips and attending to everyone's needs. Additionally,

those fighting the clock will most likely experience travel fatigue sooner compared to those who are well-organised and experience little to no setbacks.

WORK CLOSURE

You may already be on holiday mentally, but there are a few bases that should be covered at work before you leave the building or step away from your workstation. Prioritise your time wisely so that you can leave work and start your holiday stress-free. Don't forget to let your co-workers know that you will be on holiday. It can be quite draining to wake up to unanswered emails and missed calls when you have not tied up any loose threads.

SIGNS & SYMPTOMS OF BURNOUT

- **Stress or anxiety** - Travelling long distances, experiencing late nights/early mornings and jam-packed days eventually catch up to a person.
- **Exhaustion** - The fatigue that you feel when you want to collapse in bed upon your return from travelling, even if you were sitting in a car or plane all day? That's exhaustion! At times, the exhaustion does not go away after a long sleep. It may even stick around for a few days or weeks.
- **Overeating or loss of appetite** - Our eating habits can be quite inconsistent during holidays and can affect our physical health and wellbeing. Holiday fatigue can trigger appetite changes as well.
- **Sadness** - Whether you've unpacked your suitcase or not, you may be dealing with another kind of luggage: A persistent feeling of sadness. Post-holiday blues are real!

PHYSICAL VS EMOTIONAL BURNOUT

Many of us think that taking a holiday will be enough to cure the exhaustion, stress, and negative feelings of everyday life. We often fail to realise that burnout is two-fold- physical and emotional.

Physical burnout is easily recognizable as it leaves one feeling lethargic, unmotivated and slow from constant exertion.

On the other hand, emotional burnout can lead to moodiness, anxiety, feeling overly-emotional, numb or drained.

EMOTIONAL BURNOUT CAN BE TRIGGERED BY

- Increased social interaction during the holiday season
- Family conflicts/tension
- Neglecting one's spirituality/Ibadah
- Sensory overload or overstimulation
- Financial stress

Unfortunately, some Muslims are neglectful of their Salah, fail to maintain modesty, good behaviour and neglect principles of moderation during the holiday season. This can affect one's Iman and trigger feelings of restlessness.

A common misconception some have is that Islam is too restrictive and unenjoyable, leading many to 'bend the rules', especially during vacation time. The reality is that permissible means of enjoyment are available and possible to achieve.