

# Never be too excited before the holiday because the boss can judge you

The more excited the office staff is, the more likely they are not to love the job.

Whenever I take a break, whether it's just a day or a week, I have different reactions when I'm away from the busy office. It's not just emotion - pleasure because it's 2 weeks in Asia or fear because I have to go to the dentist (I'm not afraid of a dentist) - it's a feeling of something It can't be explained without working for a few days.

I'm sure you too - when we leave the office maybe we will miss something important, nobody wants to think about the job but sometimes, no matter where you go, no one cares. Dare to be like that.

Then one day I learned that our feelings when we go on holiday tell a lot about each person - not just how each one prepares for the trip but also the current career path. in.



Let's take a look at some of the following signs and see what kind of person you belong to.

## If you are too excited to go on vacation .

You check the clock every 10 minutes and when it is time to take a break (in the last working day before the departure date), you hastily fold the computer screen, quickly put all your belongings into your bag and quickly walk out of the office room. In particular, before you turn off your computer, you "carefully" log out of your email and never think about checking it out in the upcoming holiday.

### 1. You do not spend enough time for yourself

If you are overly happy when you go on vacation, it is likely that this is the first time you have been "released" after a very long time.



However, holidays are not the only "way out" for you to enjoy your life, and many people only spend a few days in a certain year - about 2 weeks to have fun, vacation with family after about 351 days to devote themselves to work.

So don't wait until the summer to relax. Make sure you always give yourself short breaks during the day and week, whether it's 1 hour at noon or "setting mode" without checking email after 6 pm on any given day period of the week. However, do not rest constantly.

## **2. That is not the right job for you**

The more you express your eager attitude to rest, the more you reflect that you don't really like the job. This does not imply that you should quit immediately to find new jobs that show your desire to "escape" from the office. Also, if at the end of the holiday you feel frustrated and tired when you have to go back to work, it proves that you are not happy at all.



Everyone likes to travel with the company after a long time of dedication and that is the right. However, do not forget that the holiday is only temporary and life is just waiting for holidays.

## **If you are not interested in traveling and always thinking about work even while on vacation .**

You text your co-workers, managers even when you are on a trip to the resort or you miss the train just because you try to send the final report before you start your day of relaxation. Most likely:

### **1. You are not ready yet**



Many people plan a vacation for several weeks, months, even from the beginning of the year, they have specified a time of year for rest and relaxation. So make sure you have a plan before you start, including what needs to be done before you go, hand over the work, things to handle after returning to the office and what you need. another for the upcoming holiday.

If you're not ready, it's best not to hurry. Do not turn holidays into your obsession when something you have not completed.

### **2. You work too hard**

You do so many things that you don't have time to rest. Feeling like a relaxing moment for you is a problem, too luxurious, not to mention leaving the office all week to go somewhere.

In this case, the advice for you is to rest yourself and start learning how to balance life and work. Because when the body is relaxed, you will work more effectively and concentrate more.

I promise you that even if you miss the whole week at the office, your company won't explode.

## If you are very excited but close to the day you start feeling "remember" the work .

For those who are looking forward to the holidays, the surprise is that when the day comes, they start feeling uneasy. They wondered amidst the unfinished work and the days of "adventure" on the beach.



Not necessarily like working. You simply have a specific plan and schedule for the job, so you don't want anything to interfere, causing the set up to be disturbed. Leaving the office for a few days can cause your project to be interrupted, the report is incomplete, the inspiration to "break" in the middle and the steady nature does not give you a priority over rest.

You are not the only one planning your life, you do not have to be restless and relax for a few days, it is not too serious if your love for your job is big enough. Think about it, when you want to travel with your co-workers, but because "sorry" that you've decided to stay, do you focus enough on the task when you see the "check-in" photos of everyone or not?

Don't force yourself, consider your trip as an experience and "refresh" yourself before returning to your plan.

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