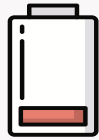


The symptoms of post-holiday blues

The situation caused by the COVID-19 pandemic that is plaguing the world may increase the symptoms when returning to work



Tiredness



Anxiety



Stress



Insomnia



Sadness



Irritability



Sense of loss



Lack of concentration



Apathy



Frustration

Source: PSYCOM