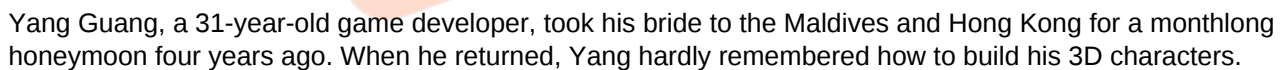


导读:长假结束，不少人都觉得浑身无力、不想上班，“节后综合征”成为职场普遍现象。



"I was thrilled at first. Almost a month doing no job at all," Yang recalled. "But going back to work from that, I found myself completely lost. It took me a month to pull myself together."

Experts in modern society have developed a term for what Yang went through?"post-holiday syndrome". It describes the little blues and, in some cases, depressions one tends to feel after spending a period of time away from work. Some get anxious, some find it hard to concentrate, others just cannot fall asleep.

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