

ABC 891 Adelaide (Adelaide)
Mornings - 14/01/2008 10:43 AM
Matthew Abraham and David Bevan
Producer Ms Amy Taylor 08 8343 4407

Kearns and Gardiner talk about methods people can employ to overcome their "Holiday Hangovers". Kearns says it's similar to the Monday morning hangover, only accentuated. Gardiner says there have been studies conducted on the changing rhythms of the brain when a person goes on holiday. She details how people are using different parts of their brain when on holiday. Abraham describes his final week of holidays and how work interfered in his relaxation. Kearns talks about differing responses to the return to work. Gardiner details techniques for easing the return to work and how it's different for different people. They discuss the expectations people place on holidays. Gardiner describes techniques people can apply after a break to change unwanted habits.

Interviewees: Hugh Kearns, Head, Staff Development Training Unit, Flinders Uni; Maria Gardiner, Clinical Psychologist, Flinders Uni

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