

7 new ways... to hang on to your holiday glow

1 Eat walnuts EVERY DAY

Scientists in the US have learnt that for every extra half gram of alpha linolenic acid (ALA) from walnuts that you consume daily, you have 18 per cent less risk of developing depression. The scientists also discovered walnuts beat omega-3s from oily fish hands down as a mood calmer. Just two or three walnuts give you 0.5g of ALA.



2 Wake up and smell FRESH COFFEE...

...or any other aroma that reminds you of your trip. Your sense of smell is the most powerful way to recapture those feel-good times. It links directly with the limbic system – the part of the brain that generates moods and emotions, and keeps memories alive, says Dr Sebastian Gaigg of City University London. And although all smells can evoke memories, coffee is one of the most stimulating.



Dr Gaigg

New research reveals our healthy holiday high fades after just two days back. Here's how to keep it alive

3 Take a DETOUR

Nearly every minute of a holiday is fun because we're not doing the same old tasks. So why not make time for fun in everyday life? 'Any positive detour from your routine can give the brain a workout and make you feel more upbeat,' says Dr Paul Nussbaum, author of *Save Your Brain* (£11.99, McGraw-Hill). Make a list of the things you always wanted to do and schedule them in.



Dr Nussbaum



5 Ask this question EVERY DAY

When you arrive home from holiday, it's amazing how quickly you can get sucked back into things that worry you or wind you up simply by listening to all your messages or checking emails. 'Keep reminding yourself of the perspective you had while you were away,' says life coach Michelle Bayley of www.findyourwaycoaching.co.uk. 'The question to ask yourself is whether the things that get you down really matter? Will they be an issue in a week, or a month?'



Michelle Bayley

4 Plan your next GETAWAY

Thinking of happy holiday memories can give us a boost. But for some it can be counterproductive, says stress management expert Jessica de Bloom. 'Some workers were depressed about the length of time until their next holiday,' she explains. The key is to book something else as soon as you get back. It doesn't have to be expensive – why not plan a great day out?



Jessica de Bloom



6 Take a POWER NAP

It's a luxury usually confined to time off – but if you can fit a nap into your weekend (we know, weekdays? No chance!) you'll feel so much fresher. An academic study in California found that a 90-minute siesta (ideally around 2pm) is long enough to produce the deep sleep phase that clears the brain of unnecessary short-term memory clutter and makes room for new and fresh learning.

7 Dress to DE-STRESS



HOW NOT TO WEAR BLACK

Grab an orange scarf or cardigan or even paint your toes orange to remind you of summer. 'Orange is at the warmest end of the colour spectrum – a combination of fiery and passionate red, and creative and stimulating yellow. It's an energising colour to wear and great for socialising and communicating. It's also confidence-boosting,' says Jules Standish, colour counsellor and author of *How Not To Wear Black* (£7.99, O-Books). If orange isn't your colour, just add a splash of red or yellow.



Jules Standish



CASE STUDY

'How I feel good all year long!'

ALI QUINN, 48, from Kingston upon Thames, is a senior nurse. She is married and has two children



As a busy working mum, my summer holiday is my main chance for a rest. So before we go, I get all the mundane jobs done like buying the school uniforms. While I'm away I try to learn something new. This year I read a book on easy meditation, but it could be anything with wide-ranging benefits that I can make use of in my life for the rest of the year. We bring home everyday items from the local shops, such as shower gels with the smell of our holiday destination, and I love having products with French or Italian names around the house. I get our photos printed straight away and put them on the fridge and my desk at work. And then I start planning next year's trip. There's no question I feel happier and healthier as a result.