**Getting back into the swing after the Easter Break / Bank Holidays**

If, like us, you get excited by the sight of Snowdrops and Daffodils making an appearance, you know that spring is coming, the weather is getting milder and we get to see more hours of daylight. Not to mention the upcoming excuse to eat more chocolate without feeling guilty!!!

Snowdrops and Daffodils both have a very deep meaning behind them. As one of the first flowers of spring, they often symbolise new beginnings, hope, rebirth and the ability to overcome challenges.

Here at Kameo, we love nothing more than speaking to clients and candidates who are looking for new beginnings. If you feel it is time to grow as a business or flourish as an individual, check out our website [Kameo Recruitment](https://kameorecruitment.com/).

This time of year is also when we start looking forward to the Easter and May Bank Holidays and planning how we could best make use of those extra days off. For some, the thought of having an extra lazy day to recharge the batteries sounds divine, whereas others will be setting the alarm bright and early to have a fun-filled family day out or loading up the car and heading to the coast to blow the cobwebs away.

Having all this extra time off is great, but it can also make it difficult to stay motivated with the swing of work when you wish the long weekend could last just that little bit longer or the following four-day week feels like the longest short week ever.

**GETTING BACK INTO A ROUTINE**

Late nights and lazy mornings are one of the appeals of a bank holiday weekend, but this means our bodies aren’t in our usual working time zone for an extra day or two.

Following the bank holiday try and get back into a good bedtime routine as soon as possible and follow these top tips to help you get back into the swing of things…

1. Plan ahead / set your priorities – before the bank holidays, create a to-do list for the first day back at work. This will help you prioritize tasks and get started right away.
2. Get enough sleep: find the balance between rest and play, and ensure you get your bodies optimum hours of sleep (for most of us that’s between 7.5 – 8) the night before you are due back in the office.
3. Can you start your day 20 or 30 minutes earlier? We appreciate this isn’t for everyone / not everyone is able to do so, but for those of you who can it’ll allow you some catch up time and may even result in your first day back feeling less rushed and stressful.
4. Wake up early: urgh, we know, it’s horrid! Try to wake up early on the first day back at work, give yourself plenty of time to great ready without rushing. Mel Robbins, creator 5 second rule, shares her formula for meeting a goal e.g., getting out of bed, on her website. She recommends that you must physically move within five seconds, or your brain will kill the idea.
5. Take breaks: It can be tempting to work non-stop after a holiday, but regular breaks are key! They help us avoid [burnout.](https://mentalhealth-uk.org/burnout/#:~:text=Burnout%20is%20a%20state%20of,helpless%2C%20trapped%20and%2For%20defeated) Stretch your legs, grab a drink, take a breather…
6. Manage your time: use [time management](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fkameorecruitment.com%2Fwp-content%2Fuploads%2F2023%2F03%2FTime-Management-Blog-K-headed.docx&wdOrigin=BROWSELINK) techniques.

Do not eat/snack too close to bedtime and resist the urge for a coffee too late in the day. Research shows that caffeine can disrupt your sleep from up to 6 hours before you go to sleep.

Remember, it’s normal to feel a little out of sync after a long weekend and/or annual leave. Be patient. Stay positive and stay focused.

**10 FUN EASTER FACTS TO SHARE WITH YOUR COLLEAGUES**

1. **More than 1.5 million Cadbury Crème Eggs are produced every day!!!**
2. **It is estimated that between 80 and 90 million chocolate eggs are eaten each year in Britain.**
3. **The UK’s first chocolate egg was produced in Bristol in 1873.**

Have you ever wondered who started the trend of tucking into chocolate-shaped eggs on Easter Sunday? It was during the 19th century that the Fry family of Bristol ran the largest chocolate factory in the world and produced the first chocolate egg, in 1873.

It was two years later in 1875 that saw Cadbury’s make their first Easter egg.

1. **In Germany it is illegal to dance on Good Friday in public.**

Yes, it may seem bizarre, but on Good Friday it is illegal to dance in public for the entire day in 12 out of [Germany’s 16 federal states](https://www.iamexpat.de/lifestyle/german-federal-states). The remaining four enforce partial bans, meaning that nowhere in the country are your dance moves going to be particularly welcomed. Penalties vary, but violators risk run-ins with the [police](https://www.iamexpat.de/expat-info/emergency-numbers-services-germany/german-police) and fines of up to 1.500 euros.

1. **Easter is celebrated on the Sunday after the full moon following March 21st.**
2. **Possibly the world’s most expensive enamelled egg was sold at Christie’s in London in 2007 for £9 million, breaking Faberge records.**
3. **The most expensive chocolate Easter bunny cost $49,000.**

It also contained [548,000 calories](https://www.huffpost.com/archive/ca/entry/the-worlds-most-expensive-easter-bunny-also-has-548-000-calorie_n_6939530). The most expensive feature was the two solitaire diamond eyes.

1. **Before Easter baskets children would put eggs in a hat filled with straw.**
2. **The world’s largest chocolate egg was made in Italy.**

The world's largest chocolate Easter egg was made in Italy in [April 2011](https://www.guinnessworldrecords.com/world-records/largest-chocolate-easter-egg?fb_comment_id=758448487562694_1023769277697279). It measured 34 feet and 1.05 inches in length and weighed approximately 15,873 pounds.

1. **Decorating eggs comes from a Ukrainian tradition.**

The ornate eggs were called [pysankas](http://www.cs.unc.edu/~yakowenk/pysanky/), which were made by using wax and dyes. It wasn't until Ukrainian immigrants came to the U.S. that the colourful custom caught on.