

# 8 Ways to Get Back Into the Work Groove After the Holidays (Photo Essay)

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After all the merriment of Christmas and New Year — overeating, oversleeping and indulging in one too many shots of vodka — people are getting back into the swing of work. We've compiled a list our of top tips to help you get through January unscathed.

## 1. Set Your Alarm

Gone are the leisurely lie-ins and breakfast in bed. Re-accustom yourself to the dreaded ringing of your alarm clock, and be sure not to press snooze.



*Pavel Ševela / Wikimedia Commons*

## **2. Get Your Metro Face on**

Elbows at the ready, the metro will once again become a battleground at rush hour, and you're going to need all your wits about you to squeeze into that last spot in the carriage.



*Pascal Dumont for MT*

### 3. Hit the Apteka

It may just be the January blues, but the first month of the year is a prime time to get ill, so stock up on those paracetamols and have your flu-medicine to hand.



*Pascal Dumont for MT*

### 4. Clear Out Your Fridge

Moldy mandarins and the leftover Olivier salad have to go. Replace with Vitamin tablets and aforementioned cold-busting drugs.



*Doug Beckers / Flickr*

## **5. Say Goodbye to the Sun**

You go to work in the morning and the sun is yet to rise; you come home from work in the evening and the sun has already set. You may wish to purchase some Vitamin D tablets while you're at the pharmacy.



*Pascal Dumont for MT*

## 6. Replacing Vodka With Beer

It's no longer holiday season so put away the strong stuff and switch to beer to avoid a crippling hangover at work.



*Pascal Dumont for MT*

## 7. Take Down Your Christmas Decorations

Pack away the tinsel, throw out the Yolka ("Christmas Tree"), and put the Snegurochka ("Snow Maiden") figurines back in their box for next year.





*Pascal Dumont for MT*

## 8. Pick Up the Packages That Never Made It in Time for Christmas

Be prepared to wait in a seemingly never-ending line at the post office, only to find that Auntie Marge has sent you another pair of woolly socks.



*Pascal Dumont for MT*

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