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## **Episode #017**

Have you Got the Blues?  
The Post-Holiday Blues

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Hi, everybody! I am Georgiana, your English teacher and founder of [SpeakEnglishPodcast.com](https://speakenglishpodcast.com). My mission is to help you speak English fluently.

In this episode:

- I'll be talking about what happens just after **we end our vacations**.
- Later, a cool **mini-story** to practice your **English speaking**.

Let me start by telling you that I'm super excited to be back again and connecting with you! How are you doing? Are you feeling happy and relaxed? Or **are you feeling blue?**

We're in September, so I can officially say that the **summer holidays** are over.

During summer, I've been resting, sunbathing, and enjoying my free time. I've recharged my batteries. I like to be near the beach, enjoy the sun, the sea breeze, and eat delicious food. I must say that I've managed to disconnect from my routine completely.

How about you? How did you disconnect from your everyday worries?

Talking about disconnecting and taking a break. In September, a fascinating phenomenon occurs:

I'm referring myself to the **post-holiday blues**, also known as the **post-travel depression**.

By the way, did you know that the color blue is actually the most popular color in the world? The color blue is also used to express feelings of **sadness, nostalgia, or depression**.

Here are two expressions where we use the color blue to describe sadness: "**feeling blue**" or "**getting the blues**."

Examples:

*It seems that you are feeling blue. Is there something wrong?*

*Ann gets the blues every Christmas holiday. She lives away from home, so she misses her family.*

You might like to know that **the Blues** is a music style characterized by the sometimes sad or down focus and melancholy melodies.

The phrase "**blue Monday**" means feeling sad. These are often, the feelings experienced by many when the weekend is over.

Let's get back to the **post-holiday blues**, which is a mood experienced by many people after returning from a long trip or holiday.

Although we all love an extended holiday, we'll need to face the downside: we'll suffer from the **post-holiday blues**.

The effects people usually experience are tiredness, loss of appetite, nostalgia, and even depression. It can become tough to get back again to reality.

Additionally, if you've traveled to a country with a significant time shift, the effects are even more noticeable since, in this case, you'll need to overcome the **jet lag**.

So if you've had a short vacation this year, don't worry. Just think that you'll get back to the routine again without going through the **post-holiday blues** drama.

Okay, so what can you do? How can you **overcome the post-holiday Blues**? Here are some tips:

1) **Arrive home at least one day before** the first day of work. I know it can be tempting to extend the trip as much as possible; it's essential to **get some rest in your own bed** for at least one night. You'll need to familiarize yourself with your surroundings again.

2) **Unpack:** As soon as you arrive, unpack. Yes, I know tomorrow seems like a better day for that, but you're just fooling yourself. Seeing an unpacked suitcase is a reminder of your wonderful holiday. And don't forget to do your laundry too.

3) **Plan your next trip.** Yeah, I know it sounds crazy. You just got back from one, but normally **planning a trip can make you happy.** In fact, I do this every time I come back from a trip. It really makes it easier for me to move on and start working again.

4) **Recreate your favorite holiday dish.** Why not? It's a way of savoring a positive aspect of the holidays again. Maybe it'll help you feel less nostalgic.

5) **Stay at home and relax.** As much as you want to share your pictures with your friends; I suggest that you take some time for yourself, at least for some days.

But you know what?

There's nothing better than to recover yourself by **practicing your speaking** with a new mini-story.

## MINI-STORY

### (Practice your speaking)

Here, I will use the **Question & Answer** technique. This is the perfect lesson to automate your spoken English. Here's how it works:

- I'll give you some information. (A phrase or two).
- I will ask simple questions.
- After each question, there will be some seconds of silence: it's your turn to answer the question! Just try to **give an easy and short answer.**
- After you answer, I will give you a correct answer.

This process will continue, and just like that, I will be telling a story using questions and answers.

Okay, let's start!

**Last year, Jimmy traveled to Italy 🇮🇹 with his girlfriend.**

**Did Jimmy travel to Spain?**

No. Jimmy didn't go to Spain. He traveled to Italy.

**Did he travel to Italy alone?**

No, he didn't. He didn't travel alone to Italy. He traveled with his girlfriend, not alone.

**What's his girlfriend's name? Nicole?**

No, not Nicole. His girlfriend's name is Kim, not Nicole.

**Who traveled to Italy?**

Jimmy and Kim. They traveled to Italy.

**When did they travel? Last month? Last year?**

Last year. They traveled to Italy last year.

**In Italy, both of them ate two pounds of pasta 🍝 every day.**

**Did Jimmy eat two pounds of pasta every day?**

Yes, Jimmy ate two pounds of pasta every day.

**Did Kim also eat two pounds of pasta every day in Italy?**

Yes. Kim also ate two pounds. Both of them ate two pounds of pasta every day.

**Did they eat every week?**

No, not every week. Every day.

**What type of food did they eat? Chinese food?**

No. Not Chinese food. They ate pasta.

**How many pounds of pasta did they eat?**

Two pounds. They ate two pounds of pasta.

**They didn't do any exercise; not even walk.**

**Did they play tennis every day?**

No, no. They didn't play tennis every day.

**Did they play soccer?**

No, neither. They didn't do any exercise.

**So...they ate pasta, and they didn't exercise, right?**

Yes. They were on holiday, and they just ate pasta all the time.

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**They returned to the stressful life of New York just a few hours before the first day of work.**

**Did they return one week before the first day of work?**

No. They returned just a few hours before the first day of work.

**Did they return to New York?**

Yes. They returned to New York.

**Is the life of New York peaceful?**

No, no. Life in New York isn't peaceful but stressful.

**Both of them went through a post-holiday blues for a long time. It lasted for 11 months!**

**What did Jimmy and Kim have?**

A post-holiday blues.

**Did the post-holiday blues last ten months?**

No. Not ten months. It lasted 11 months.

**How did they feel? Happy or blue?**

Blue. They didn't feel happy. They felt blue.

**Did they get the blues after returning to New York?**

Yes. They got the blues. They were sad after coming back from Italy.

**Now they're planning on visiting Spain 🇪🇸.**

**Will they eat paella 🍲 every day?**

We don't know because that's a different story.

Ok! It's the end of this mini-story. As you can see, you are answering **easy questions** all the time. **They are easy on purpose**, and this technique helps you develop your **speaking skills**. It is like practicing with another person!

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Well, that's it for today!

Please help me spread the word about the podcast. Tell your friends about the show and leave a comment on iTunes when you have a minute. That would make me very happy!

I'll be back next week!

Take care! Bye! Bye!



*Georgiana*

founder of  
[SpeakEnglishPodcast.com](http://SpeakEnglishPodcast.com)