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urthritis usthma / Respiratory view all news categories lavigation Links Millio and o next seas the p	ns of Spaniards will end their holidays go back to their working places during the weeks. Resting days, pictures at the hore and summer memories will be part of ast and routine will be back to stay - at for some months.	HERE to
Advertising Expe work lews Archive Search synd to ad RSS/XML News Feeds to ad	orts estimate that 35 per cent of Spanish ers between the ages of 25 and 40 will have to face the "portione": a general feeling of discomfort caused by the person apt to work after finishing holidays. belina Robles Ortega, a researcher of the Department of Portional States of Portiona	n's inability
Asse	ssment and Psychological Treatment of the University of G //www.ugr.es], warns that getting back to routine can cause ical and psychological symptoms. "Usually, when the post- rome causes physical symptoms, it is nothing but the physi ession of psychological unease", she states. Tiredness, laci tite and concentration, drowsiness or sleeplessness, abnor beat and muscular ache are just some of the physical sym lness. The psychological symptoms include irritability, anxi-	eranada e both holiday cal k of mally rapid ptoms of ety,
Acco Si this if Prostate Cancer the fi Prostate Cancer the fi Posychiatry allow Respiratory longs earning Resources perm	ess, "couldn't-care-less" attitude and a deep feeling of emp rding to professor Robles Ortega's advice, a good way of p Iness is to divide the holidays into several periods, instead all period in one go: "If our holidays last one month and our s us to do so, we could take fifteen days first and another on. This will prevent anxiety and we will be under the impre er holiday. Moreover, changes in habits won't be so radical anent and, therefore, re-starting to work won't be so trauma	case studies creventing of taking employer ifteen days ession of a and case studies congress reports events calendar and
Patient Resources estat best Blood Pressure these Breast Cancer (Patient) havir deartburn daily	t from this, the UGR [http://www.ugr.es] researcher recommolish a period of re-adaptation" to work from holidays, for wholecision" is to get back home a few days earlier than to wo to two or three days we should get back to our everyday hat ose adopted during holidays, such as going to bed later that g some 'siesta' sleep after lunch". The aim of this gradual relife is "to prevent the re-start of work from being so traumate.	nich "the Ads by Google" rk. "Along bits or give an usual or return to
Fell a Friend illnes of oft ame: trips only mail: work iend's me:	es also recommends "not to attach too much importance" to s and to face the moment of getting back to work "as a nev ner satisfying moments". The Granada researcher advises i and other pleasant activities all through the year, instead of in summer time. This way, she says, we will prevent "the fe does not come with good moments", a feeling that is the m st-holiday syndrome.	v period full to plan f doing so seling that nain cause Adult Stem Cell
Mail: DEP. Send The I of En unive the tr unive the tr unive the tr Ukith exce cultu five control of the tr unive the tr u	ARTMENT University of Granada (UGR) was founded in 1531, under the operor Charles V. In this way, Granada asserted its vocationersity city, open to different cultures, peoples and beliefs, or adition of the Arab University of Yusuf I (Madrassa, 14th or 475 years of tradition, the University of Granada has been ptional witness to history, as its influence in the city's social rall environment grew until it was to become, over a period enturies, an intellectual and cultural nucleus in Southern Spright. The University of Granada has also made a strong oc	n as a failure patients - cardiomyopathy, an CAD of almost pain in its
DOWNLOAD chan of its unive areas resea per C 28 ce Erass Gol Medical Terms Gol Gol Distin	future by fostering the development of quality research, who gritteria are to stress traditional lines of research, to supp titigation which - although less developed - may prove usefulging society and to forge bonds with firms and institutions. growth in scientific production, the UGR is among the top sersities. More than 400 research groups are working in all discords of knowledge, in collaboration with both national and interfarch groups. The University of Granada offers to 81,600 stuent of which are foreign students - 75 degree courses distributes. The UGR is the leading European destination for mus/Socrates students, the most important Spanish universuation prizes, the third in the number of doctoral courses winction of Quality granted by the Ministry of Education and Sixth in scientific production.	oort all to a As a result Spanish ifferent rnational idents - 10 ibuted in sity in
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