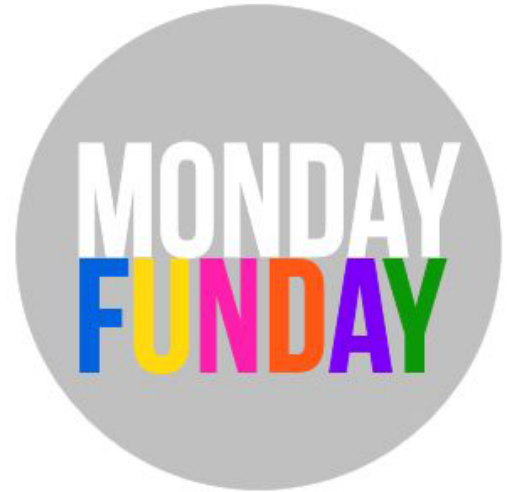


## **Blue Monday - Strategies to eliminate the Monday morning anxiety**

Is there any wonder why we dread Monday? It always seems to sneak up on us, just as we're starting to relax and enjoy our weekend. For most of us, Monday is the least productive day of the week, and getting back into the work flow is never easy, especially after a long exciting, fun-filled weekend. But the first day of the workweek doesn't have to be if you plan ahead and develop strategies to reduce Monday morning anxiety.



Contrary to popular belief, having the Monday blues doesn't mean you dislike your job, nor does it mean you're depressed, it's more about being mentally stuck and not yet in the momentum of the work week. Finding ways to get back into your work routine faster can result in you being more productive and feeling less overwhelmed. Here are nine ways to beat the blues and start your Monday mornings off like a champ.

### **Prepare for Monday on Friday**

Mondays can be extra stressful from work that has potentially piled up from the previous week and, for many, it can be challenging to jump right back in. To help combat that Monday morning anxiety, be sure to leave yourself as few dreadful tasks as possible on Friday afternoon. By taking care of the things you least want to handle at the end of one work week, you're making the start of the next that much better.

If you do have any unpleasant tasks awaiting your attention Monday morning, get them done as early as possible so that you don't spend the rest of the day procrastinating. Additionally, make sure your desk is organized, and your work to-do list is ready to go for the following week.

### **Start your Monday on Sunday night**

The reason Mondays are so hard is because of the shift in attitude and lifestyle that happens over the weekend. We move into personal mode on the weekend. While you may want to suck up every last bit of fun and relaxation on Sunday night, taking a couple of minutes to mentally prepare for the week ahead can really help you overcome the Monday blues.

Making a list on Sunday evening of things you look forward to doing or tasks you want to complete at work for the upcoming week can put you in a more positive mood, and help you get fired up for Monday.

### **Get enough sleep and wake up early**

Go to bed a little earlier on Sunday nights and be sure to get enough sleep so that you wake up feeling fresh and well-rested. If you're only running on a couple of hours of sleep, it's unlikely that you're going to feel good about going to work when the alarm goes off Monday morning.

Wake up an extra 15 to 30 minutes early on Monday mornings as having this extra time can actually ease anxiety and make going back to the office easier. Taking the time to enjoy a “me moment”, having a healthy breakfast, or doing some exercises can help you feel more centered and help you mentally prepare for the rest of the day.

### **Prioritize**

Make a list of tasks to do on Monday and schedule it into your calendar as the first appointment of the day. By reminding yourself of the priorities for the day you can avoid getting stuck in the busy-ness that can overwhelm you on Monday morning. Scheduling time first thing in the morning to go over your priorities for the week can help you get into work mode faster and fight off the Monday blues.

### **Start your day with something that gives you energy**

Going for a run or hitting the gym first thing Monday morning gets your body moving and creates positive energy to begin your day. Doing an activity that ramps up your energy can help put you back in the right mindset to be productive.

### **Find a mentor**

Employees, who work alone, like so many of us at Sentry, should find a mentor to talk to about business goals and issues surrounding Monday morning anxiety. If your Monday blues are chronic, it may be a symptom of a larger problem. Talking it through with a mentor allows you to gain another perspective and establish some accountability. A bad case of “the Mondays” could just be a symptom of feeling overwhelmed. Finding someone to help you work through those underlying issues can help you get rid of the blues.

### **Disconnect over the weekend**

If possible, try to avoid checking work e-mail or voicemail over the weekend, especially if you’re not going to respond until Monday anyway. Drawing clearly defined boundaries between work and personal time can help keep your work-life balance intact, and ultimately keep your Monday blues at bay. When you leave the office on Friday, focus on enjoying your time off.

### **Have fun at work**

Take it upon yourself to do things that you enjoy in the office on Monday. Schedule a weekly Monday lunch with a friend, take a quick impromptu coffee break to catch up with colleague in the office, or plan a work-related task that you will look forward to on Mondays as a way to break up the day with some known positivity.

### **Be and stay positive**

Start the week out with an attitude of gratitude. Take time to recognize and appreciate the things that you enjoy about work. If you’re able to be a source of positivity in the workplace, not only will you make your day more enjoyable, but you’ll also make the work environment better for those around you!