

No More Monday Blahs

By Suzanne Zoglio, PhD

You've had a great weekend, completed a few chores, and relaxed with family and friends. Then, like a twenty-four hour stomach virus, the Monday Blahs hit you. Fun and games are over. Your mood takes a dip and your mind revs up. Yuck! Monday is nearly here. If that sounds familiar, you're not alone. Most of us have experienced at least a mild case of the Monday blahs. Here are five tips that might help you avoid the dreaded back-to-work disease.

1. On Fridays, stop to give yourself a pat on the back. Savor your week's successes. If one Monday runs into the next without acknowledging what you've accomplished, you'll feel like a gerbil in a cage - running fast but going nowhere. Stop and take stock. Check off completed tasks, and remember moments when you made a difference...to your team, your company, your clients, family, or friends.
2. After you've taken stock of what you've done, take a few minutes to plan the week ahead. By writing down Monday's plan on Friday, you won't have any I-must-remember tapes playing in your head. You won't wake up in a cold sweat Sunday night, worrying if you're prepared. You'll free up some psychic RAM for the weekend and be ready to party heartily.
3. On Sundays, try to stay present. Don't waste your Sunday worrying about Monday. Feed a passion instead. Indulge in something you love...something that makes you feel fully alive. If you're able to stay present on Sunday, you'll be refueled when Monday rolls around.
4. To stave off any feelings of loss that come with Sunday sundown - loss of freedom, loss of play, loss of being with loved ones - take a gratitude walk. Mentally list things large and small for which you feel grateful: your health, good friends, catching green lights, finding a twenty in your pocket, an opportunity at work? Soon you will be feeling more blessed than oppressed. Your focus will shift from what you'll miss to what you have.

5. When Monday does come, don't hit the bricks running as soon as the alarm goes off.. Instead, break the hurried habit, and start your week with a clear focus. Set your alarm for a few minutes earlier and before you get out of bed, set your intent for the day. Focus on what's meaningful to you. What kind of person do you want to be today -fun, kind, patient, or disciplined? What important things do you want to accomplish related to Friday's plan? Where can you make a difference in someone else's life?

Imagine a week when you acknowledge your progress, have Monday planned before you leave on Friday, enjoy your passions all weekend, and then start your next week with focus and energy. Talk about living!