

Women's Health

HOW TO AVOID SUNDAY DREAD

What to do when the weekend comes to an end and all you can do is think about Monday morning.

By Francesca Menato
15 January 2016



Image © Getty

It's a common phenomenon, that feeling of anxiety and stress as soon as the end of Sunday creeps closer and closer.

So, we spoke to happiness life coach at Happyologist.co.uk and author of *Screw Finding Your Passion*, Susanna Halonen.

Here's what she suggest you do at those times when post-Sunday roast bliss turns into a stomach ache and a to do list as long as your arm.

What to do when...

IN WINTER, IT FEELS LIKE SUNDAY'S OVER BY 4PM

With the daylight starting to disappear in the winter, it does feel like the day starts to draw to a close by 4pm. But don't let that stop you from enjoying the rest of your Sunday!

Plan to do things that don't require daylight - like taking a nice, hot long bath to relax or cooking a Sunday stew to fill your home with cosiness.

YOU CAN'T STOP THINKING ABOUT ALL THE JOBS YOU HAVE TO DO

This requires advance planning. Finish your Friday at work by making a priorities list for the week ahead. Already decide your top two priorities for Monday and only focus on those when you get in Monday morning.

This will stop you from worrying about the week ahead because you have already made a plan to do the things you have to get done.

This same principle can be applied to jobs outside work like grocery shopping, picking up dry cleaning and whatever else is on your list.

Spend an hour on Friday or Saturday planning when, where & how you will do it in the week ahead so you when Sunday comes around you have no reason to stress about not getting it done.

YOU'RE FEELING UNPREPARED FOR WORK THE NEXT DAY

If you feel like you haven't had the rest you needed over the weekend, think about how you can adjust your weekend schedule next week to one that recharges you.

Think about if you're getting enough rest, eating nutritiously enough, moving your body enough and having enough 'me time'.

If the sensation is coming more from not knowing how your Monday will go, make sure your priorities for Monday morning are clear (and set already on Friday) so that you know you're as prepared as you can be to deal with the most imminent matters.

YOU FEEL ANXIOUS AT THE THOUGHT OF WORK

Reflect on this. What is it that's making you anxious? Is it your work responsibilities, you not enjoying your work, your colleagues, your working schedule, or something else?

Once you've identified what causes you anxiety at work, then you can think about how to resolve it.

Always remember to take deep breaths when you are feeling anxious and remember that you have all the skills you need in order to resolve any challenge that comes your way - and also the option of asking for help when you do need it.

YOU SENSE THE 'DREAD' FEELING EARLIER AND EARLIER EVERY SUNDAY

Fight the dread with a gratitude habit. Start wrapping up every day at work by writing down three specific things you were grateful for in your working day.

Do this every day and by the end of the week you'll have 15 things to be grateful for at work! Do this for three weeks and gratitude starts to turn into a habit.

You'll shift your perspective and start to notice that there are things you enjoy about your work. This will help you replace the Sunday dread with an excitement for the week ahead.

'SUNDAY DREAD' STOPS YOU SLEEPING

Create a sleep time ritual that you use every night, even on weekends.

For example, it could be drinking some calming lavender tea whilst reading a fiction book, making the bedroom a no technology zone and spraying some sleep spray on your pillow.

If you follow the same routine every night, you're less likely to suffer from sleep problems, even with Sunday dread. If you want to take it a step further, write down three things you have to look forward to in the week ahead.

This will remind you that there are always good things coming your way as well.

YOU FEEL LIKE YOU DIDN'T ACHIEVE ANYTHING WITH YOUR WEEKEND

Why should you? We already live in an insanely busy society where busyness and achievements are something to compete over.

Fight the trend by making your weekends something to simply enjoy, rather than having a list of things to achieve.

If there are things you want to achieve during the weekend then start your weekend by doing them so you have the rest of the weekend to relax.

Also acknowledge that sometimes things don't go to plan and if you're frustrated you didn't get something you wanted to get done then use it as a learning experience.

What stopped you from doing it? How can you make sure you prioritise doing it? Why is it that it's important for you to do this in the first place?

These simple questions are enough to get your drive for getting it done - or sometimes shine light on the fact that you don't even know why you want to do it in the first place.

Then it's time to drop it off your to-do list.

And relax...

Original article at: <http://www.womenshealthmag.co.uk/health/stress/4367/how-to-avoid-sunday-dread/>