The Sunday syndrome

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Abou ...

Every Sunday, I have PMS, Pre-Monday Syndrome, Symptoms: Bitterness that I have to get up and go to work! someecards user card

How to overcome the blues?

1. Preparing for Monday on Friday

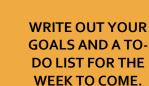


CLEAN OUT YOUR EMAIL AND ORGANIZE YOUR SPACE.

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R REFLECT ON WHAT YOU HAVE ACCOMPLISHED THAT WEEK.

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PLAN DOWNTIME.



SAY GOOD-BYE TO YOUR CO-WORKERS AND THANK THEM.



2. Making the Most of Sunday

- Do your hardest weekend chores first
- Plan a fun activity for Sunday evening
- Exercise
- Avoid alcohol
- Unplug your devices
- Relax before bed



3. Giving Yourself Something to Look Forward to on Monday

- Wear your favorite clothes
- Make your commute fun
- Make lunch an event
- Plan a fun activity for after work



4. Understanding Your Blues

- Confront your feelings
- Make Sunday just another day
- Get professional counseling

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Thank you for your attention!