



The Sunday syndrome

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About ...

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



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How to overcome the blues?

1. Preparing for Monday on Friday



MAKE FRIDAY AFTERNOON YOUR NEW MONDAY MORNING



CLEAN OUT YOUR EMAIL AND ORGANIZE YOUR SPACE.



REFLECT ON WHAT YOU HAVE ACCOMPLISHED THAT WEEK.



WRITE OUT YOUR GOALS AND A TO-DO LIST FOR THE WEEK TO COME.



PLAN DOWNTIME.



SET LIMITS ON YOUR WORK AVAILABILITY OVER THE WEEKEND.



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



FINISHED

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



Thank you for your
attention!

