

## Sunday Evening Blues

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Whatever name these feelings go by, Sunday nights before going back to work on Monday can be a tad depressing. Even though I haven't really thought about going back to work tomorrow, that underlying apprehension has been lurking. I'm organised at work, organised at home, have goals to aim for over the next few weeks, and I'm not stressing about anything I have on my work to do list. So how come this feeling of dread has been fighting for my attention?



Turn that frown upside down!

Commonly observed factors playing a role in Sunday evening apprehension, include elements such as the transition from leisure to work, and the awareness of upcoming responsibilities, both of which contribute to the psychological phenomenon known as "Sunday night blues." While variations exist in individual experiences, the mentioned factors are frequently recognized contributors to the sense of dread associated with the end of the weekend.

The typical emotional states experienced are characterized by a sense of unease or mild anxiety as the weekend draws to a close. This phenomenon is often linked to the anticipation of the upcoming workweek. As people reflect on the leisure and freedom of the weekend, the prospect of returning to a more structured routine and facing work-related responsibilities can evoke a feeling of reluctance or mild distress. Factors such as the end of recreational activities, awareness of impending deadlines, and the adjustment to a more regimented schedule contribute to the complex emotional landscape associated with Sunday nights. It's a shared experience among many individuals navigating the transition from the relaxation of the weekend to the demands of the workweek.

How can you reduce these negative feelings?

- Establish a calming Sunday evening routine with activities you enjoy.
- Organize and plan for the upcoming week to create a sense of control.
- Engage in mindfulness or relaxation exercises to manage stress.
- Shift your perspective by focusing on positive aspects of the week ahead.
- Strive for a healthy work-life balance.
- Incorporate self-care practices to promote overall well-being.
- Prioritize getting enough sleep on Sunday night to start the week well-rested.
- Break down large tasks into smaller, more manageable steps to reduce overwhelm.
- Connect with friends or family on Sundays for social support and a positive end to the weekend.
- Consider incorporating enjoyable activities on Monday to create anticipation for the start of the week.
- Reflect on accomplishments from the previous week to boost confidence and motivation.
- Limit exposure to work-related emails or tasks on Sunday evening to create mental space for relaxation.
- Explore relaxation techniques such as deep breathing, meditation, or a warm bath to unwind.
- Set realistic expectations for the week ahead, acknowledging that not everything needs to be perfect.

As the sun sets on Sunday evening, casting shadows on the weekend's final moments, remember, you're not alone in navigating the subtle melancholy that accompanies the end of leisure. Embrace the promise of a new week, where Mondays can be the canvas for fresh starts and unexpected joys. So, bid adieu to the Sunday night blues with a smile, knowing that every week is an unwritten story waiting for you to fill its pages with laughter, accomplishments, and perhaps a few delightful surprises. Here's to banishing the blues and welcoming the week ahead with open arms!