



Four Ways to Beat the “Sunday Scaries.”

When Sunday evening rolls around, and you feel dread creeping in, it’s easy to lose the motivation to do things you enjoy. This makes it hard to enjoy your free time as much as you used to. If you’re feeling anxious or stressed out about the week ahead, it could mean that you’re experiencing the “Sunday Scaries.” Luckily, whether you experience these feelings on an actual Sunday or whatever day of the week marks a new work week for you, there are ways to beat the “Sunday Scaries.” Here’s how to beat the “Sunday Scaries” so you can keep the stress at bay and enjoy your time off.



Make Your “Sunday” Meaningful

It’s important to make your day off meaningful before the work week begins. Make your “Sunday” a day you look forward to each week and do something you enjoy. You can make it meaningful by relaxing with friends or family or doing something fun, like going to your favorite hangout spot, getting outdoors, spending intentional time bingeing your favorite show, or playing a video game – really anything that reduces stress for you. “Sunday” routines that involve self-care and relaxation can help you ease into the week without spending unnecessary time stressing about what the week will bring.



Turn Off Notifications

Turning off your notifications is easier said than done. As the weekend approaches – whatever day(s) that means for you, you may feel tempted to check your inbox whenever you have a few free minutes. Avoid doing this as much as you can! Constantly checking your email or notifications can make you anxious about the workweek ahead. Remember to achieve good work-life balance, you must create boundaries between your work and personal life. When you’re not constantly seeing the emails or requests coming in, you’re less likely to feel stressed or anxious about the work week ahead.

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Plan Your “Monday”

Don't let your week start on a stressful note. One of the simplest ways to limit the negative impact the “Sunday Scaries” can have on you is to prepare for your “Monday.” Make a list of all the things you want to accomplish and be sure to make a plan for each day of the week. Taking a few moments to plan your tasks and goals for the week before work begins will limit the amount of stress you'll feel later and set you up for success!



Keep Track of Your “Sunday” Feelings

It's pretty difficult to improve your feelings if you're not keeping track of them and what triggers your stressors. Suppose you feel stressed, tired, or depressed during the week; it may be beneficial to take a few minutes to audit your current feelings. Write down when you're anxious or stressed as well as what was happening at the time. Doing this will show you patterns in your emotions which allows you to take preventative action to combat those negative feelings. For example, if you notice you tend to feel stressed in the mornings, take some time at the end of the day before to plan what your morning will look like and what you want to accomplish to keep the rest of your day on track.

Keep your “Sunday” positive and stress-free! Beat the feelings of stress and dread that sometimes comes in anticipation of a new work week by making your “Sunday” meaningful to you, turn off your notifications, plan what success will look like on “Monday,” and keep track of your feelings to see patterns in what leads to stress or anxiety. Doing these things will help you enjoy your time off and come back to work feeling refreshed and ready to accomplish your goals.

About EG Workforce Solutions

We've been in this business for decades and have developed a deep network of professional connections. Whether they're companies looking for talent, job seekers looking for work, or an up-and-coming store in need of some temporary help, we know the right people to bridge the gap between the hiring and the hired.

But what's more, we get to know people. From employers hiring to candidates looking, we take the time to listen and learn. We hear your likes, talents, and needs. We gain an understanding, and with it, we're able to facilitate lasting relationships between businesses and people.

