

How to kill that Sunday dread

Ever arrived at Sunday night and thought you'd rather poke yourself in the eye with a stick than face work on Monday? It happens to the best of us, but it really doesn't have to be that bad.

Here are four tips to assist you with Sunday dread, not only to temper the black cloud hovering over your head, but to also help make Monday both enjoyable and productive when it inevitably arrives.

1. **Question your work-life balance.** Have you considered that the reason you don't look forward to Mondays is because of the lack of balance between your work life and non-working life? Melbourne-based career counsellor Kerina Alter asks, "What can you readjust? Your job can be just a small portion of what makes for a rich and full life." If all signs point to all work and no play, "commit to doing something proactive about the situation rather than just complaining, such as retraining, seeing a career counsellor or applying for a new job."
2. **Organise and plan for the week ahead.** It might seem counter-intuitive, but sitting down at your home computer and looking at your calendar can bring some order and positive anticipation of what's ahead. Alter suggests, "Make Mondays enjoyable by having something scheduled to look forward to. Do a work task you enjoy first. Perhaps organise a coffee or lunch catch-up with someone you enjoy being with, or schedule time for an interest or hobby that day. Alternatively or in addition, make sure you plan enjoyable activities weeks in advance that you can focus on."
3. **Assign Sunday nights for doing what you love.** Just because it's Sunday night, doesn't mean the weekend is over yet. If you treat Sunday night as valuable time like you would Saturday night, then the world is your oyster. Alter says, "Try to avoid wasting your Sundays thinking about your Mondays. Try to live in the present." You may love having long conversations with family and friends, planning for holidays, pampering yourself with a bubble bath, taking your dog for a walk, going to the gym, cooking up a storm - the list goes on! Whatever it is that you enjoy doing, replace that Sunday sadness with those inspiring and nurturing activities instead.

4. **Put your job into perspective.** While work is a necessity for most of us, remind yourself of the personal reasons you do it. Alter asks, “What is the 'light' at the end of the tunnel for you? For example, are you providing for your family, wanting to fund a holiday or make mortgage repayments? You don't have to love your job every day, however if there are more days you don't like your job than you do like it, perhaps it is time to do something about it.”

Most happy and successful people will tell you that when you're doing what you love, there are fewer dreary days, so start by making some of these changes today.

Have you considered that the reason you don't look forward to Mondays is because of the lack of balance between your work life and non-working life?