

# Sunday Night Syndrome

IT'S SUNDAY NIGHT AND YOU SHOULD BE RELAXING. BUT INSTEAD OF ENJOYING A WARM COSY SUNDAY EVENING WITH THE FAMILY, OR A FEW CHILL OUT BEERS WITH SOME FRIENDS YOUR MIND IS SOMEWHERE ELSE. SOMEWHERE IT SHOULDN'T BE, YOU ARE THINKING AND WORRYING ABOUT WORK TOMORROW.

IF SO YOU MAY BE JOINING THE MILLIONS WHO FIND THEMSELVES SUFFERING WITH THE SECRET SUNDAY NIGHT SYNDROME.

MARK SHIELDS EXPLAINS.

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or as long as I can remember Sunday Evenings have always seemed dull and an evening of preparation for the looming Monday mornings. As a child, a bath and an early night is something I am sure we can all remember.

"Its Sunday you have school in the morning. You need an early night" Does that sound familiar. So from as long ago as our schooldays we have been programming ourselves that Sunday is the day before tomorrow, the day before school, or in adult life the day before going back to work.

## Sunday Night Syndrome.

A neurological pathway is created through habit and repetition. If we do or think something enough times, direct associations are made and a connection is formed.

Therefore many of us will have formed firm views about Sundays from early childhood and still connect them in the same way to Mondays mornings. The first day of school or now the first day of work.

With things getting tougher in the workplace a leading psychiatrist was recently quoted as saying he was seeing three times as many workers with work related stress and depression than he was a year before.

## What is Sunday Night Syndrome ?

Sunday Night Syndrome is a name I have given to a common set of feelings normally associated with the outset of stress or worry before returning to work on a Monday morning. Very similar to the famous Monday morning blues but more unique

as it seems quite natural to feel a little low on a Monday morning.

## Symptoms

Symptoms are very common, and include agitation, Insomnia, Anxiety, and a feeling of unexplained nervousness or worry.

Some people can begin to feel low, and can lack motivation and energy on a Sunday, with thoughts constantly focused on work, or work related worries and problems.

## Some Helpful Tips

Sunday Night Syndrome is simply a slow build up of stress and worry, where you can become almost obsessed with work and problems seem to escalate the more attention and thought you give them.

Refocus your thinking and focus on the important things you enjoy about your job, and not the negative. Never forget you applied for the job in the first place so relive the emotions you had and what you liked about the company when you first joined. You can always leave. Don't forget that.

It is common to believe the job has changed when in fact the people directly around you such as your boss or a member of staff are the ones that may have changed. Once you realise this the problem immediately appears to reduce in size, as a relationship is far easier to put right than the whole company.

Measure your success by what you learn at work rather than what you achieve. Unconsciously this puts you as the benefactor of being at work rather than the company.

Mentally start your weekends early. Diarise Thursday night as

the beginning of the weekend and ensure you go out or do something different.

Don't lose sight of the fact that Sunday Night Syndrome is simply a slow build up of stress, so ensure you implement a stress program with regular exercise and a balanced diet.

Stress is a feeling of being out of control or overwhelmed. Once you have a strategy to overcome your feelings of stress you are halfway there. Having a strategy and plan gives you back control, and puts you in charge.

A great strategy I have used in the past I simply call The Red Book Plan. As part of your strategy write down what your ideas are and who you need to contact and what you need to do to bring your ideas alive. Make progress entries everyday. Record conversations and plans.

## Summary

Never lose sight of the fact that Sunday Night Syndrome is simply a slow build up of stress and worry. Recognise the symptoms and implement the plan.

Never forget at the end of the day, focus on the important things in life and remember whether we like it or not a job is just a job.

Put Sunday Night Syndrome behind you and leave it in 2009. 2010 is the beginning of new possibilities and adventures.

Happy New Year to all Jersey Life readers and best wishes for 2010.

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