

Sunday Night Syndrome: how to stop worrying about Mondays



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 about and worrying about work tomorrow. Life Coach **Mark Shields** explains.

Even though you may work as a professional practitioner and you understand how important balance is in your life, do you find yourself worrying about that Monday morning client as you tuck into Sunday lunch with your family?

If so, you may be joining the millions who find themselves suffering with The Secret Sunday Night Syndrome.

For as long as I can remember Sunday evenings have always seemed dull; just an evening of preparation for the looming Monday mornings. As children, a bath and an early night is a Sunday routine we can all recall: "It's Sunday night, you have school in the morning, you need an early night".

Does that sound familiar? So, from as long ago as our school days 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.

What is 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 Monday mornings; the first day of school or 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 ago.

Sunday Night Syndrome is a name I have given to a common set of feelings, normally associated with the outset of stress or worry, that start up before returning to work on a Monday morning. 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 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 all through a Sunday, with thoughts constantly focused on work, or work related worries and problems.

Top NLP solutions to help you beat Sunday Night Syndrome

It is common to believe your job has changed when in fact the people directly around you such as your boss, clients 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 business.

Measure your success by what you learn at work rather than what you achieve. Unconsciously this makes you, rather than the company you work for, the beneficiary of you being at work.

Stress affects our levels of confidence and self-esteem. A way of combating this is to ensure you have appropriate goals and strategies in place to further your own personal development and knowledge

Mentally start your weekends early. Mark Thursday night in your diary 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 an anti-stress programme that includes 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.

Try a great strategy that I have used in the past which is known as "The Red Book Plan". Write down what your ideas are, whom you need to contact and what you need to do to bring your business or career alive. Make progress entries every day. Record conversations and plans. Remember, you can't achieve everything all at once, but as long as you are making progress this will give you momentum and ultimately help you succeed.

Some practitioners believe that just by working in the alternative medicine field they are exempt from stress. However, do not be afraid to employ your own coach or mentor to help you with your own stress and challenges.

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.

Remember symptoms of stress and anxiety are directly linked to feeling overwhelmed and out of control. Once you have a plan and strategy you are automatically taking back control and working within parameters appropriate for you.

Never forget, at the end of the day, you can only do your best. Focus on the important things in life and ensure you have some fun along the way. ©PTM



About the author

Mark Shields is Managing Director of Life Practice UK, specialists in Personal and Business Coaching. Mark has foundation and practitioner courses starting this month (see CAM's Dates pages for details). Contact: 01462 451473, www.lifepractice.co.uk