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Sunday, October 5 2014

Hello reader, here is our newsletter for this week.



How do you feel about Mondays? Do you feel the gut wrenching despair of having to go to work as early as Sunday afternoon? Why are Mondays so bad?

It is a common feeling that Mondays suck! Even though I used to like my 70-80 hrs a week job, I used to stress about it as early as after lunch Sundays. I always had a hard time sleeping on Sunday night. Come to think of it, I was like that in school as well. According to common knowledge there are three good reasons for people hating Mondays:

1. Hatred of job. Either they hate their job, hate part of their job or hate someone at work. For me it was always the stress. I was always in a position of wanting to move up in the hierarchy so I was always putting myself outside of my comfort zone. And every once in a while I would have a hard time with someone I worked with. So Sunday nights were never relaxing.

2. Vacation ends. For a lot of people, coming back from vacation is a shock. They are very unhappy. Oddly that was never my problem. I was always happy to come back to work.

3. Weekend is over. The most common reason for hating Monday is that it follows two days of freedom and fun. For most, however, that's sheer fantasy. Whether single or having family responsibilities, the weekend is chore time – cleaning, shopping, fixing and buying. So even if you have a lot of chores and family obligations, you still feel free.

So for those folks who hate Mondays, Tuesdays and Wednesdays are not favorites either. We start feeling better by Thursdays and great on Fridays.

Who Loves Mondays?

The following people love Mondays. People who are workaholics, over-achievers, people who have no life outside of work, no friends and no family. Also, people who have bad family lives. They prefer to be at the office.

How to Get Rid of the Monday Blues?

- Plan a great evening Sunday night so you don't think about Monday. Go see a great movie or have drinks with friends.
- Do something nice for someone on Monday, for free. Pay it forward!
- Wear your favorite clothes. Something colorful and for the ladies, your favorite lingerie.

- Make sure to see a great friend on Monday, whether at lunch or nighttime.
- Go for walks at lunchtime, get some sun.
- Go to the gym Monday morning. It will get you going for the day.
- Give yourself a gift on Monday. A new lipstick, a new book or flowers.
- Ask yourself if you like your job. Maybe there is something else you would rather do. Get a career transition coach and take a moment to review your possibilities.

If you are lucky enough to be able to work 4 days a week, take Mondays off instead of Fridays. I was in a cab last week and the driver was telling me how aggressive and sad people were on Mondays versus Fridays. We think it's in our DNA that we cannot do anything about it. Wrong. We can and we should.

Life is too short to hate 1/7th of our week. At the end of a 40 year career, that represents roughly 2000 days. Imagine!

Have a great week!

Sophie



Web Site: www.helperetoday.com

Book: in Paperback or Kindle

"When we can no longer change a situation, we are challenged to change ourselves".

VIKTOR FRANKL