

Emily Downward

Remedy for Mondayitis

Shift your mindset
and take back your
work week!



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by Emily Downward

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Remedy for Mondayitis

It's late afternoon on Sunday and you feel the familiar tension and stress building, knowing what awaits you on Monday morning. Your shoulders are knotted up around your ears, your stomach churns, and your breathing is shallow and quick. You dread going back there but know you must.

That SUCKS! I remember feeling this way, and it's a terrible way to start your week. The human body doesn't function well under this much stress for prolonged periods of time, so if you don't find ways to handle your stress, it will negatively impact your physical health as well as your emotional and mental health.

I've created this eight step guide to help you create a more positive and healthy way to approach your work week. This works! If you actually do the exercises, you can shift your thinking and feel more empowered and in control of your coming week.

The whole process can be done in 15-20 minutes. Ready to take back your work week?

Name It

My job makes me feel _____ because _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What's Your Role?

Without judging yourself harshly, notice what your role is in the current situation. Where have you been in similar situations in other jobs or in other relationships? Do you notice any patterns? When have you felt this way before? Write a few notes of your observations. (The goal here isn't to place blame on yourself but rather notice any recurring patterns. You have to spot it before you can change it.)

[illegible]



Shift Your Focus

One of the easiest and fastest ways to shift your energy from a negative state to a positive one is to focus on gratitude. This may be a challenging brain teaser for you if you have been primarily focused on all that's wrong at your job, but consider it a puzzle. Find at least 5 things you appreciate about your job. (If you get on a roll, feel free to be an overachiever here and keep going!) Consider all aspects: the people you get to work with, your compensation, tasks or activities you enjoy. Find the good:



Better It

What are your favorite colors, textures, sounds, smells? How can you incorporate these things into your week? This could mean wearing an outfit that makes you feel especially confident, playing your favorite music to help get you through writing a tough report, or lighting a scented candle to help you stay calm and centered.

Also consider rewards you can give yourself for accomplishing a difficult task or a tough day. While foods and drinks can be included, be creative and come up with a variety of things and activities as rewards. Consider giving yourself 30 minutes to read a fun novel, taking a walk in the park, or spending time with a friend or a loved one.

Favorite Things to Incorporate:

Personal Rewards:



Shift Your Perspective

Rather than telling yourself “I have to go to work,” say to yourself “I choose to go to work.” This simple word substitution takes you out of the victim mentality where you are being forced to do something you don’t like, to the empowered champion of your own life, where you make the choices and decisions. Sometimes we choose to do things we don’t love because it’s the best way to achieve our goals. Remind yourself why you are choosing to do this job.

I choose to go to this job because _____



Gather Your Strengths

What tools do you have in your toolbox? What unique qualities, experiences and perspectives do you bring to your workplace? Research has shown that consciously exercising your strengths contributes to your overall sense of well-being.

List the skills and characteristics that you have within that make you an excellent employee:



It's Friday, and this week has been amazing! _____

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Put it Together

Review what you've written above and summarize it here:

Choose one from Step One:

My job currently makes me feel _____

Choose a few things from Step Two:

With observation, I realized that I typically handle it this way: _____

Choose three things from Step Three:

I really enjoy these things in my job: _____

Choose two things from Step Four:

This week, I'll incorporate a few of my favorite things, like _____

Choose one thing from Step Five:

I will remember this week that I am choosing to go to work because

Choose two things from Step Six:

I am the best person to do this job well because _____

Reread what you wrote (your ideal outcome) for Step Seven and tap into that feeling.

Life is too short to be unhappy, and you deserve to be happy. It IS possible to enjoy your work, even if you're currently in a job that isn't your ideal. Focusing on the positive aspects and on what you can control in the situation (your thoughts and approach to the situation) will put you in a better frame of mind to have a great week.

Questions? Email me at get2emily@gmail.com. I'd love to hear how your week goes!

Emily Downward

Emily Downward is a Certified Martha Beck Life Coach, working with individual clients and companies to help people find more passion and joy in what they do. With a variety of inquiry tools and a focus on strengths, Emily leverages her experience and knowledge to help people find jobs they love, increase productivity, reduce stress, and manage fast-paced changes with ease.



With 17 years of experience in non-profit and corporate, Emily understands dynamics in the workplace, including management challenges, leadership initiatives, marketing and sales. Her background in health education also influences her coaching, and she believes optimal health is more than the absence of disease. She inspires her clients to maximize wellness and live to their full potential emotionally, physically, spiritually and mentally.

Emily can be found online at www.EmilyDownward.com.