Are you fed up with coming to work every Monday morning with the “blues” feeling that takes you most of the day to be rid of?

Rare indeed is the contractor who does not find himself loaded with the Monday Morning Blues at least one week of three.

Taking an extra step or two to be rid of them is worthwhile for it means securing just that much more time for productive output in each week. This is particularly so when you realize that recognition of what causes the situation is about all that it takes.

Here are some examples extracted from typical case histories. Perhaps your particular burden of Monday Morning Blues is generated by one or more of these.

Lack of a fresh and challenging goal for each working week is often the sole cause. Having a new one every week can defeat it. Make that goal a small effort that you have a good chance to attain every now and then.

Set up your schedule to start on the goal the first thing each Monday morning. The goals that are extremely difficult to achieve can often be so frustrating and may make things worse than ever. It is therefore advisable not to make that weekly new goal too difficult or complicated.

Try to avoid “carrying over” all sorts of business tasks from the tail end of each week until Monday morning. This way you will have a fresh outlook come the next Monday morning instead of the tired “carry over” from Friday or Saturday night.

When you are confronted with one that cannot be discarded Friday or Saturday then at least make every effort to solve it “or else.”

Confine as much as possible your big social activities to Saturday night and Sunday afternoon. Use each Sunday evening for rest and relaxation so you will be in good shape physically and mentally at the start of the new work week. Try it for just one month and see what a difference this taking it easy Sunday evenings can make.

Eliminate any present program you may have for piling up a lot of tough things to handle for each Monday morning. Spread the toughies out over the entire week. The mere thought that you must face a big cluster on Monday morning can make the day anything but a pleasant anticipation.

Far too many business men have Monday Blues not because of anything in their working lives but because of a host of small, aggravations in their personal lives that they stacked up during the week end. If you have been doing this you have a difficult procedure that will be necessary for you to take, i.e., concentrate heavily on separating your personal and business lives. It is primarily a mental thing.

There are a certain number of aggravating people in business life and you have to deal with your share of them in your work BUT where you can control it, set your appointments up with these people for after Monday. Getting into the swing of things the first day will make it easier to cope with such people the rest of any week.

Have you been scheduling big conferences and meetings for the first thing each Monday morning? Try setting them up for the afternoon and see if things not only run smooth-

First of the Week ‘Bla’ is a Mental Thing and It Can Be Eliminated

Beating the Monday Blues

By Thelma L. Fair

Set up the easy things to do for each Monday morning. Try to select the ones you enjoy most. Make it a period worth your looking forward to and everything will have much brighter colors for certain.

Spruce up things better before you leave for the week end. See that your work areas and equipment are all tidy and neat. Tie up all of those loose ends securely. Disorder is hardly a welcome sign to any person on a Monday morning.

Take care of all of your personal chores over the week end. How many do you normally bring to work each Monday morning? If you are like most everyone else you bring along anywhere from one to six such blues creating tasks that have nothing to do with your business week.

Monday mornings on the job are often reflections of how a person’s week end was, good or bad. Take the haphazard procedures out of your own week ends and fewer of them will provide the Monday Blues situations.

It’s a long way from Monday to Saturday. If your biggest pleasure in life has to wait until Saturday the long stretch ahead can bear down heavy Monday morning. Why not have something you enjoy very much on your Wednesday night schedule? That cuts the gap in half and it appears much closer on Monday morning.

Have things in your business worked themselves into such a pattern that you do absolutely the same thing every Monday of the year? That is enough alone to create Blue Mondays. Shake them up a little so that there is something different to tackle each Monday morning.

Most important of all, though, is for you to set an example for your staff. If you come to work loaded with Monday Blues the people around you will do likewise. Set an opposite example and they will begin to change. For the one person who does not, take him or her aside and explain how you have shaken your own Monday Blues.