

## 3 Tips For Overcoming the Monday Blues

### INTRO

Welcome back to another season of *The Workforce Link*, where we're offering forward thinking conversations for the workforce, linking employers and job seekers to a brighter tomorrow. I'm your host Sundi Jo Graham.

Can you believe that we're 3 seasons in already? We've managed to make it through 24 episodes together and we're just getting started!

We're going to cover some great stuff in this season of *The Workforce Link*. From explaining to the employer they should hire you, how to job hunt efficiently, upgrading your LinkedIn profile, how to be confident on your first day of work, and more.

But today we're going to talk about Mondays - specifically how to overcome the "Monday Blues." Sometimes Mondays can be rough, but they don't have to be. If you're having that feeling of dreading going to work and starting your workweek, I've got some tips to help you get rid of those Monday blues.

### PROMO - SUMMER JOBS

Before we dive in though, I'd love to share an exciting program we're offering at the Central Region Job Centers, just in time for summer.

Do you know someone ages 16-21 who is interested in a summer job? Maybe it's you!

You may be eligible to earn over \$4000 this summer and make your future even brighter! It's time to get out of the house, access opportunities to make some serious cash, and gain valuable skills.

Eligible participants will receive a minimum of \$13/hr, with full-time and part-time options available.

To find the closest job center near you and see if you qualify, visit [cwdregion.com/summerjobs](http://cwdregion.com/summerjobs).

Now let's dive into today's episode on how to overcome the Monday Blues.

## **DISCUSSION**

So, you don't want the weekend to end, you don't feel excited about coming back to work, or maybe you're feeling overwhelmed by your responsibilities. No worries. We're going to dive into 3 specific things you can do to crush those Monday blues.

### **1) BE POSITIVE**

You get to decide what mood you want to be in from the moment you open your eyes. No one else is in charge of your feelings and emotions. So, if you decide you hate Monday and your day is going to be horrible, then you're right - it is.

But if you decide, no matter the circumstances, that you're going to have a good day, then guess what? You're going to have a good day.

Henry Ford is known for this famous quote: "Whether you think you can, or you think you can't - you're right." We can certainly apply that statement to our attitudes, right? If we want to be happy, we will be. If we want to be in a bad mood, we will be.

One of my favorite authors, Jon Gordon, talks about the importance of being positive. He actually shares 11 specific benefits of being positive. I'll share the link in the show notes to that article, but I want to share a few with you:

1. Positive people live longer.
2. Positive work environments outperform negative work environments.
3. Positive people who regularly express positive emotions are more resilient when facing stress, challenges and adversity.

Not only is it important for you to keep your attitude in check, but pay attention to the people you're hanging around. Avoid the "Debbie Downers" both in your work environment, if possible, and those you're around when you're not at work.

You become like the 5 people you spend the most time with. So make sure you're spending time with the right people.

## **2) ENCOURAGE OTHERS**

So, yes, it's important to be positive and surround yourself with positive people. One of the ways you can do that and make your day a thousand times better, is by encouraging others.

Want to feel good about yourself? Cheer others on.

Some of the ways you can do this is by recognizing a specific co-worker each week. Acknowledge something big or small that they've done. Bake some cookies for your team. Go out of your way to make your team members feel good about coming to work on Monday.

## **3) PLAN YOUR WORKWEEK BEFORE IT STARTS**

When you know what your week is going to look like, and specifically what the start of your week is going to look like, this helps you mentally prepare and ease your way into the week.

This is one of my favorite things to do, and one of the most important parts about keeping myself organized and focused.

I actually use a planner that helps me do this, and I rarely ever go anywhere without it. It's called the Full Focus planner. I've been using it for years. I call it my second brain. What I love about it is that it has a place for you to not only plan your week, but review the week before.

You get to do a weekly preview that lets you write down your wins, ask yourself what worked and didn't work about the previous week, and how you could perform or plan better.

Then you have the opportunity to write down your Big weekly 3 - this is the 3 things that are most important for you to accomplish this week. They don't have to be just work-related. They can be personal as well.

Then.. and this has been so life-changing for me. You get to write down your Big 3 for that day. So, let's use Monday for example. You write down the 3 things you know you absolutely want to accomplish for today. Then at the bottom of the page you can write down other tasks you want to complete.

So, I'll share mine for today. My daily big 3 for today is to finish writing and recording this episode, to work on promoting our Summer Jobs Youth program, and to schedule some social media posts.

I have other tasks on my list but I know that these are the things I absolutely want to accomplish for the day! And because I love a to-do list, I can't wait to check those things off.

I share all this with you to say that I know from experience that when you plan your week out, it takes a certain level of stress off your shoulders. You see what needs to happen in front of you and you don't have to keep it all in your head. I don't know about you, but keeping it all in my head is NOT a good idea.

And when I have the opportunity to look at the week ahead and know what needs to happen, then I'm going into work Monday with confidence that I have a plan. Of course sometimes that plan changes, but I at least have an idea.

You have a plan, there's less chance of the Monday blues. You can learn more about the Full Focus Planner at [fullfocusplanner.com](http://fullfocusplanner.com), and I'll share the link in the show notes for you.

## **RECAP**

Let's do a quick recap of what we've gone over today on how to crush the Monday blues.

1. Be positive
2. Encourage others
3. Plan your week before it starts

Today's episode was quick, but hopefully helpful to you as you move into your workweek.

## **REVIEW REMINDER**

If you've enjoyed today's episode, would you mind sharing with someone else you think could benefit? Maybe a friend you know who's dreading heading to work? And if you haven't already, would you mind heading over and leaving a review on iTunes for *The Workforce Link*? Let us know what you enjoy about the show. It means a lot to us, and it helps us stay visible so that others can easily find us.

## **CLOSING**

That's it for today's episode. Thanks for listening, and as I announced in the beginning of this episode, if you know someone august 16-21, or maybe it's you, that's looking for some summer employment, don't forget to check out our Summer Jobs Program at [cwdregion.com/summerjobs](http://cwdregion.com/summerjobs).

Have a great week, my friend, and we'll meet again in the next episode. Until then.. Remember this... There's always a brighter tomorrow if you're willing to find it.

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### **Links:**

**[Summer Jobs Youth Access Program - https://cwdregion.com/summerjobs](https://cwdregion.com/summerjobs)**

**[11 Benefits of Being Positive - https://jongordon.com/positive-tip-11-benefits.html](https://jongordon.com/positive-tip-11-benefits.html)**

**[Full Focus Planner - https://fullfocus.co/planner/](https://fullfocus.co/planner/)**