

7 STEPS TOWARDS



ELIMINATING

THE SUNDAY

SCARIES



Combat The Sunday Scaries

**Here are 7 different
steps to consider
when feeling those
anxious, heavy
feelings that creep
in as the weekend
ends and you start
thinking about the
week ahead.**



STEP 1



**ADMIT WHAT YOU
DONT LOVE**



ADMIT WHAT YOU DONT LOVE

**Even meaningful
work has rough
edges, and
owning that
truth reduces
anxiety and
builds emotional
resilience.**



STEP 2



**ADD DAILY
GOOD STUFF**



ADD DAILY GOOD STUFF

**Intentionally
sprinkling joy
into your
weekdays gives
your brain
something to
anticipate and
boosts overall
well-being.**



STEP 3



**AIM FOR
SMALL SHIFTS**



AIM FOR SMALL SHIFTS

**Big changes take
time, so focus on
tiny, doable
actions that
nudge your work
life in a better
direction.**



STEP 4



**NAME THE
REAL DREAD**



NAME THE REAL DREAD

**Identify whether
the Sunday
heaviness comes
from boredom,
repetition, fear,
or stress.**

**Awareness gives
you back
control.**



STEP 5



**LET GO OF
THE GRUDGE**



LET GO OF THE GRUDGE

**Holding onto
resentment for
your workplace
only weighs you
down; releasing
it opens the door
to genuine
happiness again.**



STEP 6



**RECONNECT WITH
WHAT MATTERS**



RECONNECT WITH WHAT MATTERS

**List the people,
your purpose,
and personal
wins your job
brings. Having
meaning fuels a
more positive
mindset.**



STEP 7



**GIVE YOURSELF
A PEP TALK**



GIVE YOURSELF A PEP TALK

**You've made it
through every
week so far, and
you'll do it again.
Choose courage,
effort, and a
little optimism.**



Could Your Team Use Some Support?

Message Me! I'd Love To Collaborate!

www.PhilJanuszewski.com

