

Beat the Sunday Scaries

That 5 pm Sunday knot in your stomach is common, predictable, and very workable. One Friday move, five Sunday moves, and a gentler Monday.



WHY SUNDAY EVENINGS HIT

Anticipatory anxiety loves a vacuum, and Sunday evening is the perfect one: an unstructured stretch of hours pointed straight at an ambiguous Monday. With nothing to do now and nothing specific to solve later, your brain fills the empty space with static. Notice what the dread is actually made of: **the scaries are rarely about Monday's real tasks - they are about Monday's fog.** And fog, unlike Mondays, can be cleared.

THE FRIDAY FIX

The real cure happens two days early

Before you log off on Friday, write Monday's first hour as a concrete, boring plan - motions, not goals. When Sunday's brain goes looking for the fog, it finds the morning already decided. Monday-you inherits a runway instead of a wall.

MONDAY • FIRST HOUR

- ☐ Coffee, sit down, water the plant
- ☐ Send the Nielsen email
- ☐ Prep two notes for standup

written Friday, 4:55 pm

THE SUNDAY MOVES

Own the evening

A RITUAL YOU ACTUALLY LIKE



Build a small repeating ritual you genuinely enjoy and run it every Sunday night: the comfort show, the good pasta, the slow walk at dusk. A ritual fills the vacuum before dread can move in, and gives the week a soft landing you actually look forward to.

The 10-minute worry dump

BEFORE DINNER • THEN IT CLOSES



Set a timer for ten minutes. Pour every worry onto paper, then flip the page and write Monday's short list. When the timer rings, the notebook closes. The worries live in there now - they do not get a seat at dinner.

No work email peeking

ONE PEEK COSTS THE EVENING



Do not "just check" the inbox. One peek switches on your full workday brain at exactly zero pay - and nothing in there can be finished tonight, it can only follow you around. The inbox opens Monday, on the clock.

Move your body

SOMETIME AFTER LUNCH



Sunday dread is partly unspent energy wearing a scary costume. A bike ride, a swim, or a brisk twenty-minute walk burns off the fuel before it can turn into 9 pm restlessness. Tired muscles make for a much quieter mind.

Keep your real bedtime

ANXIETY LOVES A TIRED HOST



Staying up late to "stretch the weekend" trades Sunday's last hour for Monday's whole morning. Go to bed at your actual bedtime and let Monday meet you rested - anxiety has to shout much louder to be heard by a slept brain.

MONDAY MERCY

Make Monday the easy one



Where you have any say, design Monday morning to be the gentlest of the week: friendly tasks first, the hard meeting nudged to Tuesday, the good coffee on the desk. You are not lowering the bar. The win on Monday is momentum, not heroics.



WORTH LISTENING TO

If your scaries feel less like "new week fog" and more like "I dread this specific job, every single week," that is not a flaw in you - it is data. Fog responds to plans; a genuinely wrong fit responds to bigger questions, asked kindly and in your own time.