



BEATING MONDAY BLUES

Do you check off one or more of the following? Read on to feel motivated on a Monday morning!

- ✓ Not a big fan of Mondays
- ✓ Listless and lethargic on Monday mornings
- ✓ Difficulties getting back to your tasks on Mondays



PREPARE FOR MONDAY

- ✓ Plan Monday's to-do list on Friday
- ✓ Allocate easier bite-sized tasks on Mondays
- ✓ Strike off tasks as you complete them
(It will give you a sense of accomplishment to get on the rest of the day)



CLEAN YOUR DESK

- ✓ Take 30 minutes out from your schedule to clean and organise your desk
- ✓ A clean and neat desk can help to boost your productivity



HAVE A REWARD MONDAY

- ✓ Plan something fun on Monday
- ✓ Initiate outings with family and friends, or simply treat yourself to your favourite food
(Having something to look forward to gives you a brighter start to your week)



KEEP YOUR SLEEP CYCLE

- ✓ Avoid sleeping in over the weekends
- ✓ A consistent body clock helps you to feel less groggy on Monday mornings
- ✓ Get at least 7 hours of sleep
(Click [here](#) to find out how to sleep better)



HAVE GRATITUDE

- ✓ Write down what you are grateful for every evening
- ✓ Keep the week's notes in the drawer
- ✓ Read the notes before you start your Mondays



TALK TO SOMEONE

- ✓ Call a family member, close friend or colleague for support
(Bottling up your thoughts and feelings is not healthy and will eventually weigh you down)



KNOW WHEN IT'S MORE THAN BLUES

- ✓ Monday blues **get better** as the week goes on
- ✓ If the blues persist through the week, **seek professional help**
- ✓ Click [here](#) for other 24-hour crisis helplines and community resources.

PSB Academy Counsellor

☎ 6390 9214
📅 Mon - Fri, 8.30am to 6pm
(Closed on weekends & public holidays)

Institute of Mental Health

☎ 6389 2222
📅 24-hour helpline

Helpline for Mandarin Speakers 华语辅导热线

☎ 1800 353 5800
📅 Mon – Sun, 10am to 10pm
(Closed on public holidays)