



# Work Smart Live Smart

## 5 Ways To Beat The Monday Blahs

By  
**Beverly Beuermann-King,**  
CSP, Stress and Wellness Specialist

***Having trouble returning to work on Mondays? Feel like you never really left? Enjoy your job, but hate getting out of bed?***

You may be struggling with the blahs, which may not necessarily be a reflection of your like or dislike for your job. Your Monday morning struggle may be due to dealing with the transition from one dimension of your life to another.

There are a number of ways in which we can deal with the blahs:

- Leave work at work whenever you can
- Plan your Monday tasks on Friday so that you can combat that swamped feeling. Plan something enjoyable for Monday. Re-organize yourself the night before you return to work
- Set leisure goals for the weekend. Organize your weekend activities in order to get your chores done in a lesser amount of time. This allows you to plan for 'fun' as well
- Eat, sleep and exercise to build up your energy stores for the upcoming week
- Smile - it is contagious

By finding ways to take care of ourselves and to balance our time away from work we can turn the blahs into feelings of being refreshed and energized.

Stress and wellness specialist, **Beverly Beuermann-King** translates current research and best practices information into a realistic, accessible and practical approach through her dynamic stress and wellness workshops, on-line articles, e-newsletters and media interviews and through a collaboration called *Awakening The Workplace*. Visit [www.WorkSmartLiveSmart.com](http://www.WorkSmartLiveSmart.com) for more on Beverly and her wellness work.

©Articles available for reprint – please include source as Beverly Beuermann-King, [www.WorkSmartLiveSmart.com](http://www.WorkSmartLiveSmart.com)

**Bring one of these related workshops to your team -  
From Job Stress To Job Smart or  
Harnessing Your Energy – Bust Your Stres**

Call Beverly at 705-786-0437 or  
Visit **Presentations & Keynotes** at [www.WorkSmartLiveSmart.com](http://www.WorkSmartLiveSmart.com)  
for presentation descriptions and outlines.