

HEALTH CARE

Doctor: Here's 4 tips for pushing through the Sunday blues

On Sunday afternoons, many often experience a dread or sadness-like feeling as the weekend comes to an end. This feeling has been described as the "Sunday Blues" — No matter how you describe it, this feeling is a result of knowing that your weekend is almost over and a new week of work is about to begin.

Irritability, uneasiness, feeling anxious, restless, and feelings of dread for the impending Monday are all emotions or feelings that workers feel on Sunday as they mentally prepare themselves for the week ahead. It does not matter how fun or exciting your weekend was, for many, the Sunday Blues always seem to come around.

Oftentimes, these feelings occur when employees feel stressed about their jobs and the upcoming work that awaits them on Monday mornings. You may love your job, but the thought of ending your weekend knowing you have a long to-do list or a stressful project that week can produce a blues-type feeling.

For those who may be experiencing the Sunday blues, there are a number of activities and lifestyle changes that can help you push through your Sunday blues and help you start the week off right.

1. Physical activity

Staying active and partaking in regular exercise throughout the week is one of the best ways to overcome your weekend blues. Physical exercise, such as a walk outdoors, can have a beneficial impact on your mental health. When you exercise, it produces your "happy, feel good" neurotransmitter called dopamine. Dopamine will improve your mood, help with focus, and improve your energy and stamina. All of these benefits will help you stay in shape as well as reduce your anxiety and depression.

2. Socialization

Although you may be experiencing the blues, it does not mean your weekend is over. There is still time on

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Dr. Steven Katz
Naturopathic Physicians

Sunday for you to meet up with friends, explore your local community, or go out for a healthy bite to eat. Make sure you take advantage of your weekend freedom and enjoy the last little bit it has to offer. Scheduling social activities can be a great way to distract yourself from any

feelings of dread you may have and can have a positive impact on your mood.

3. Mindfulness techniques

Reading a book, listening to music, meditating, or practicing yoga are all different techniques you can incorporate in your Sunday routine to help you over-

come the Sunday blues.

These techniques are crucial for anyone feeling anxious or stressed about the week ahead. These activities can help produce feelings of relaxation and happiness, which will allow you to start your week off on a positive note.

4. Whole health

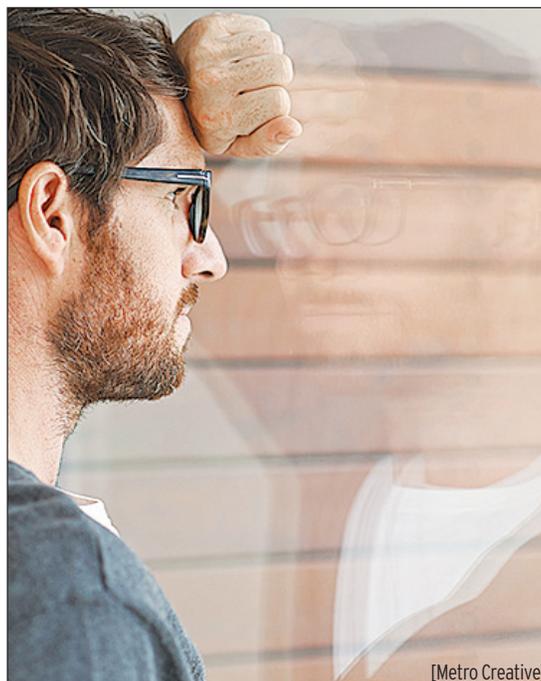
Taking care of your body's whole health, such as proper sleep hygiene and a healthy diet, are also important to help manage any negative feelings or emotions you may be feeling. Getting plenty of rest throughout the week and consuming essential nutrients in your diet will help you feel more energized and happier. Vitamin D and B vitamins can also have a beneficial effect on improving your mood and decreasing your risk of depression.

Although the Sunday Blues are a common feeling that many experience, if you are getting these blues every Sunday, it may be a sign to seek professional help such as seeing a naturopathic physician to get to the root cause of these emotions.

Physical activity, socialization, mindfulness techniques and prioritizing your body's whole health are all ways you can overcome your Sunday Blues. These techniques can also help you manage any work-related anxiety and stress you may be experiencing throughout the week.

However, it is also important that you disconnect from work on the weekends if possible and give yourself time for rest and partake in different activities that you enjoy outside of work.

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