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## Learn to Endure Monday Morning Blues?

The alarm clock goes on ringing. You don't feel like get out of bed, much less to go to work. Still want to postpone getting up. Of course, one-seventh of life is wasted because of Mondays. Don't worry like you millions of people feel miserable on Monday mornings.

To avoid this depression you have to make a sincere effort do a bit of planning. Plan your week-end in such a manner that you will get sufficient sleep on Sunday. If you really cherish late nights make them of Fridays and Saturdays.

Many people plan more than what they can achieve. As a result, they over work on week-ends and draw their feet on Monday. Be realistic. Make a thorough list of what you want to do on the week-end. The mantra should be to complete all that you want by Saturday.

Plan some **entertainment** and fun activities throughout the week so that you don't feel that the end of the week is the end of the end of the world. Spend time with family and friends.

Set a goal for Monday morning and it will be an incentive for your to get out of the bed and go for work. When you set aside some exciting work for Monday, you will look forward to it. You won't get depressed. Or plan some business you love and that will be the end of all your worries.

Don't do anything different physically or emotionally. Make Monday a part of your routine. Mondays can be fun if you keep some exciting news to share with friends. Get up on Monday morning and remember that it is not going to last forever. Keep a positive attitude throughout the day and it will pass off much faster.

When all is said and done, you have to learn to endure Monday Morning Blues.