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Beat the
Monday Blues



BEAT THE MONDAY BLUES

Are You Aware?

Studies have confirmed—Monday is our least happy time of the week. Some dread Monday because a full weekend left little time for rest. Others struggle on the first day of the week for the opposite reason—we did too little and now can't get motivated for the daily grind.

Whether you're a rise and shiner or someone who counts the hours until Friday, Monday doesn't have to be a drag. Here are a few tips for making the most out of Monday—and all the days after.

Are You Prepared?

Start your Monday off right with a plan that began on Friday.

- Finish up any loose ends on Friday so on Monday you can start new projects.
- Be intentional about what you want to accomplish with a list of your top three things.

Schedule around your strengths.

- If mornings are your struggle, be like Jeff Bezos, CEO of Amazon, and don't schedule early meetings so you'll have time to ease into your day.
- If you're most productive before lunch, knock out your punch list first. Save the afternoon for projects which require less focus.

1. Start your Monday off with a plan that began on Friday.

2. Schedule around your strengths.

3. Sleep well no matter what your weekend entails.

4. Start Monday off right.



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Sleep well no matter what your weekend entails.

- Sleeping in and staying up late can throw off your circadian rhythm for the rest of the week.
- Try not to sleep in more than an hour or two on Saturday and Sunday mornings, and limit weekend naps.

Start Monday off right.

- Exercise—even if it's just a short walk or yoga routine—will help you physically prepare for the week ahead.
- Make Monday more enjoyable by planning your favorite breakfast to fuel your day.
- Dress professionally on Monday. Looking prepared will go a long way toward helping you feel ready.

What Next?

You can set yourself up for Monday success by practicing habits that get you physically and emotionally ready. However, it's a good idea to evaluate the source of your Monday blues.

- Do you stay up too late on weekends?
- Are you so busy with activities you have no time to rest?
- Do you dread work on Monday because you are unhappy with your position or performance?

Once you recognize the root of your Monday drag, you'll be able to work toward the best motivation for you. Know you are not alone and that many highly effective people struggle with Mondays.



When sales feels like a struggle, it is a good idea to remind yourself why you do the work you do.

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Get motivated to make Mondays better with inspiring quotes, your favorite tunes or podcasts, or by setting a Monday appointment with someone who always brightens your mood.

Berkley Industrial Comp Difference

The most effective salespeople believe in their product. At Berkley Industrial Comp, our sole focus is the protection of workers in high-risk industries. When we work with businesses to provide workers' compensation coverage, we are protecting people's lives, families, and futures.

When sales feels like a struggle, it is a good idea to remind yourself why you do the work you do. This may mean visiting some of your clients, reviewing success stories, or talking with other colleagues about the positive outcomes of their work.

Insurance is a byproduct of our ultimate goal. We seek to encourage safety and provide support, so that those who trust us can return to work on Monday morning and feel secure.

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