Sunday Scaries Assessment

Understanding and Overcoming Pre-Workweek Anxiety

Psychological Safety

CONTENTS

- Part 1 · About this workshop
- Part 2 · Understanding Sunday Scaries
- Part 3 · Part 1: Recognizing Sunday Scaries Patterns
- Part 4 · Part 2: Responding to Sunday Scaries
- Part 5 · Scoring guide
- Part 6 · Action Planning & Interventions
- Part 7 · Clinical Recommendations for Treatment Staff
- Part 8 · Exercises & interventions
- Part 9 · Sunday Timeline Analysis
- Part 10 · Anxiety Triggers Deep Dive
- Part 11 · Cognitive Distortion Detective
- Part 12 · Body-Based Anxiety Interventions
- Part 13 · Intentional Sunday Redesign
- Part 14 · Workplace Change Strategies
- Part 15 · Building Your Sunday Support Network
- Part 16 · Creating Your Integrated Sunday Scaries Action Plan
- Part 17 · Clinical Implementation Guide

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Part 1 · About this workshop

This comprehensive assessment and intervention tool helps treatment center staff identify, understand, and develop effective responses to the "Sunday Scaries" - those periods of heightened anxiety, dread, and rumination that often occur as the weekend draws to a close.

For Treatment Center Staff: This tool can be used in individual sessions, group therapy, or as homework assignments. It provides a structured approach to help clients explore their work-related anxiety patterns and develop personalized coping strategies.

Instructions: For each statement, choose the option that best describes the experience:
1 - Never | 2 - Rarely | 3 - Sometimes | 4 - Often | 5 - Always

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Part 2 · Understanding Sunday Scaries

The "Sunday Scaries" – that creeping sense of dread and anxiety that emerges as the weekend draws to a close – is a phenomenon experienced by countless individuals across professions and positions. This comprehensive workbook offers evidence-based strategies for understanding and addressing this common challenge.

Key Understanding Points

- Sunday anxiety is rarely one-dimensional, manifesting through multiple interconnected dimensions
- Physical symptoms often include tension, digestive issues, and sleep disruption
- Cognitive patterns involve rumination, catastrophizing, and anticipatory worry
- Behavioral changes include avoidance, procrastination, and compensatory coping
- Work environment concerns often center on specific dynamics rather than general work resumption

The Experience

It begins with a subtle shift, almost imperceptible. Sunday afternoon stretches before you—theoretically still a full day of weekend freedom—yet something has changed in the quality of your thoughts. The golden light of afternoon seems to carry a warning rather than warmth. You're physically present but mentally divided, one part engaged in the moment, another part already seated at your desk tomorrow morning.

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Part 3 · Part 1: Recognizing Sunday Scaries Patterns

Anxiety Onset and Progression

1. I notice my mood beginning to shift downward on Sunday afternoon.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

2. I experience a sense of dread as Sunday evening approaches.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

3. I find myself counting down the hours remaining in my weekend.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

4. I struggle to stay present during Sunday activities due to work thoughts.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

5. I feel a physical tension or discomfort in my body as Sunday progresses.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Rumination and Cognitive Patterns

6. My mind repeatedly reviews upcoming work tasks on Sunday.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

7. I mentally rehearse difficult conversations or meetings for the coming week.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

8. I catastrophize about potential work problems that might occur.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

9. I compare my Sunday feelings to how others seem to experience their weekends.

   Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

10. I find it difficult to redirect my thoughts away from work concerns.

    Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Work-Life Boundary Erosion

11. I check work emails or messages on Sunday even when not required.

    Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

12. I begin working on Monday tasks during Sunday evening.

    Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

13. I spend time Sunday organizing or preparing for Monday instead of relaxing.

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Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

14. My Sunday conversations with others frequently turn to work topics.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

15. I feel an obligation to "get ahead" on work during Sunday evening.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Sleep Disruption

16. I experience difficulty falling asleep on Sunday nights.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

17. I wake up during the night with work-related thoughts on Sundays.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

18. I have stress dreams or nightmares about work on Sunday nights.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

19. I set my alarm earlier than necessary on Monday to prepare mentally.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

20. I experience more sleep anxiety on Sunday than other nights.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Weekend Enjoyment Impairment

21. I find it difficult to fully enjoy Sunday activities due to upcoming work thoughts.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

22. I avoid making Sunday evening plans to prepare mentally for Monday.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

23. I notice my engagement with family or friends decreases as Sunday progresses.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

24. I experience guilt when trying to relax on Sunday evenings.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

25. I feel a contrast between my weekend self and my anticipation of my work self.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Work Environment Concerns

26. I worry about specific interactions with colleagues or supervisors.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

27. I mentally review unresolved problems from the previous work week.

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Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

28. I experience anxiety about my workload or pending deadlines.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

29. I feel apprehension about organizational politics or workplace dynamics.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

30. I question my career choices or workplace fit as Sunday progresses.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Avoidance and Coping Mechanisms

31. I use alcohol or other substances to manage Sunday evening feelings.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

32. I distract myself with excessive media consumption (TV, social media, etc.) on Sunday.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

33. I procrastinate on Sunday self-care to avoid acknowledging Monday's approach.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

34. I oversleep on Sunday or take naps to escape anxiety feelings.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

35. I engage in stress eating or other compensatory behaviors on Sunday.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

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Part 4 · Part 2: Responding to Sunday Scaries

Intentional Transitions

36. I create specific rituals to mark the transition from weekend to workweek.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

37. I prepare for Monday in an organized way earlier in the weekend to free Sunday evening.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

38. I schedule enjoyable activities specifically for Sunday evening.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

39. I consciously reflect on positive aspects of my work or purpose at week's end.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

40. I set clear boundaries around when weekend ends and work preparation begins.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Thought Management Practices

41. I notice and name anxious thoughts about work without being controlled by them.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

42. I practice redirecting rumination to present-moment awareness.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

43. I challenge catastrophic thinking about the upcoming week with realistic assessment.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

44. I maintain perspective about work challenges through self-talk or journaling.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

45. I distinguish between productive preparation and unproductive worry.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Physical and Environmental Strategies

46. I engage in physical activity specifically on Sunday to reduce anxiety.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

47. I practice relaxation techniques (deep breathing, meditation, etc.) on Sunday evening.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

48. I create a pleasant Sunday evening environment (lighting, music, scents, etc.).

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

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49. I prepare physically for the week in ways that reduce Monday morning stress.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

50. I prioritize sleep hygiene practices especially on Sunday night.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Connection and Support

51. I share Sunday anxiety feelings with others rather than suffering alone.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

52. I maintain meaningful social connection specifically on Sunday evening.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

53. I participate in Sunday activities that provide a sense of community.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

54. I seek support from others who understand work-related anxiety.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

55. I practice compassion toward myself when experiencing Sunday anxiety.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Meaning and Perspective Practices

56. I reflect on accomplishments and gratitude at the week's end.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

57. I connect with personal values and meaning beyond my work identity on Sundays.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

58. I engage in spiritual or contemplative practices that provide larger perspective.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

59. I review the positive impacts or purpose of my work as the week approaches.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

60. I maintain reminders of the temporary nature of work stressors.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Monday Momentum Preparation

61. I plan specific aspects of Monday that I can look forward to.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

62. I prepare a Monday morning routine that energizes rather than depletes me.

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Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

63. I organize Monday tasks in advance to reduce morning decision fatigue.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

64. I schedule buffer time on Monday morning to ease the transition.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

65. I arrange my Monday to begin with achievable tasks that create momentum.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

Workplace and Structural Changes

66. I communicate with supervisors about workload issues that create Sunday anxiety.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

67. I negotiate modifications to Monday schedules when possible (late start, remote work).

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

68. I advocate for reasonable work expectations and boundaries.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

69. I explore job modifications or alternatives when Sunday anxiety persists.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

70. I coordinate with colleagues to make Monday transitions more supportive.

Never ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Always

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Part 5 · Scoring guide

Add up your ratings: Part 1 (statements 1–35) gives your Vulnerability Score and Part 2 (statements 36–70) your Management Score, each out of 175.

Vulnerability Level

Score: 140–175 — High: You are experiencing significant pre-workweek anxiety across multiple dimensions. Consider discussing these patterns with a mental health professional.

Score: 105–139 — Moderate: You are experiencing notable anxiety in several areas. Targeted interventions could significantly improve your Sunday experience.

Score: 70–104 — Mild: You have some Sunday anxiety patterns that could benefit from attention and preventive strategies.

Score: below 70 — Low: Your Sunday anxiety is minimal. Continue maintaining the practices that support your well-being.

Management Capacity

Score: 140–175 — Strong: You have developed excellent strategies for managing Sunday anxiety. Continue refining these practices.

Score: 105–139 — Moderate: You have some effective strategies in place. Consider expanding your toolkit in areas showing lower scores.

Score: 70–104 — Developing: You are beginning to develop management strategies. Focus on building consistent practices.

Score: below 70 — Limited: There is significant opportunity to develop more effective Sunday anxiety management strategies.

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Part 6 · Action Planning & Interventions

Personalized Sunday Anxiety Map

Based on the assessment results, create a personalized anxiety map that identifies specific vulnerability patterns:

Anxiety Onset - Specific Examples:

Identify specific examples...

Rumination Patterns - Specific Examples:

Identify specific examples...

Boundary Issues - Specific Examples:

Identify specific examples...

Sleep Disruption - Specific Examples:

Identify specific examples...

Work Concerns - Specific Examples:

Identify specific examples...

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Coping Mechanisms - Specific Examples:

Identify specific examples...

Priority Intervention Areas

Select 2-3 specific Sunday anxiety patterns to address with targeted interventions:

Priority Pattern 1:

Define specific pattern, triggers, and intervention strategy...

Priority Pattern 2:

Define specific pattern, triggers, and intervention strategy...

Priority Pattern 3:

Define specific pattern, triggers, and intervention strategy...

Sunday Evening Redesign

Create an intentional Sunday evening routine that supports transition:

3:00 PM - Transition Ritual:

Activity to acknowledge weekend ending (e.g., gratitude practice, nature walk)...

5:00 PM - Preparation Time:

Limited, boundaried work preparation (e.g., review calendar, set priorities)...

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7:00 PM - Connection Time:

Social or meaningful activity (e.g., family dinner, call friend)...

9:00 PM - Wind-Down Routine:

Sleep preparation activities (e.g., bath, reading, meditation)...

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Part 7 · Clinical Recommendations for Treatment Staff

Assessment Timing

Administer this assessment after clients have been in recovery for at least 30 days and are contemplating or have begun returning to work. Re-assess every 2-3 months to track progress.

Group Processing

This assessment works well in group settings. Consider dedicating a session to sharing Sunday anxiety experiences and co-creating coping strategies.

Integration with Recovery

Connect Sunday anxiety management to broader recovery principles: mindfulness, boundary-setting, self-care, and building support networks.

Red Flags

High scores combined with substance use for coping (question 31) require immediate attention. Also monitor for severe sleep disruption or complete weekend impairment.

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Part 8 · Exercises & interventions

This companion guide provides detailed exercises and evidence-based interventions for managing pre-workweek anxiety. Each exercise is designed to help identify patterns, develop coping strategies, and create sustainable changes in how Sunday is experienced.

Clinical Note: These exercises can be used individually or in group settings. Encourage clients to complete exercises between sessions and bring insights for processing.

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Part 9 · Sunday Timeline Analysis

Map the progression of Sunday anxiety throughout the day to identify patterns and intervention points.

Instructions: Track your anxiety levels and experiences throughout a typical Sunday. This timeline helps identify when anxiety begins, peaks, and what specific triggers emerge at different times.

Morning (7am-12pm)

How do you typically feel when you wake up on Sunday morning?

What thoughts about the upcoming week emerge, if any?

Rate your anxiety level (1-10):

Early Afternoon (12pm-3pm)

When do you first notice a shift in your mood or thoughts?

What specific triggers seem to activate work-related thinking?

Rate your anxiety level (1-10):

Late Afternoon (3pm-6pm)

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How does your body feel during this time? Note any physical sensations.

What activities become difficult to enjoy or focus on?

Rate your anxiety level (1-10):

Evening (6pm-9pm)

Describe the quality of your thoughts about Monday.

How present are you able to be with others or activities?

Rate your anxiety level (1-10):

Night (9pm-bedtime)

What sleep preparation challenges do you face?

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What worries dominate your thoughts?

Rate your anxiety level (1-10):

Pattern Recognition

Looking at your timeline, what patterns do you notice? When does anxiety typically begin and peak?

Part 10 · Anxiety Triggers Deep Dive

Identify specific work-related triggers that activate Sunday anxiety to develop targeted interventions.

Purpose: Understanding specific triggers helps move from vague dread to concrete concerns that can be addressed with targeted strategies.

Interpersonal Triggers

Common examples:

- Difficult supervisor interactions
- Team conflicts or tensions
- Client/customer challenges
- Performance review anxiety
- Imposter syndrome activation

Which relationships at work create the most Sunday anticipation anxiety?

Be specific about people, situations, or tasks...

Task-Related Triggers

Common examples:

- Unfinished projects
- Monday meetings
- Deadlines approaching
- Complex problems to solve
- High-stakes presentations

What specific work tasks dominate your Sunday thoughts?

Be specific about people, situations, or tasks...

Environmental Triggers

Common examples:

- Open office anxiety
- Commute dread
- Technology overwhelm

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- Workplace culture stress
- Schedule intensity

What aspects of your work environment feel most challenging to face?

Be specific about people, situations, or tasks...

Identity Triggers

Common examples:

- Role confusion
- Values misalignment
- Career uncertainty
- Work-life balance conflicts
- Professional identity questions

How does returning to work challenge your sense of self?

Be specific about people, situations, or tasks...

Your Top 3 Triggers

Based on your reflection, identify the three most significant triggers:

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Part 11 · Cognitive Distortion Detective

Identify and challenge the thinking patterns that amplify Sunday anxiety.

How to use: Review each distortion type and identify which ones frequently appear in your Sunday thinking. Practice the challenge questions to develop more balanced thoughts.

Catastrophizing

Imagining the worst possible outcomes

Example: "This presentation will be a disaster and I'll lose my job"

Challenge Question:

What's the most realistic outcome? What evidence supports a less catastrophic view?

Your example of this pattern:

Write a thought you have on Sundays that fits this pattern...

Mind Reading

Assuming you know what others think

Example: "Everyone thinks I'm incompetent"

Challenge Question:

What actual evidence do you have? What alternative explanations exist?

Your example of this pattern:

Write a thought you have on Sundays that fits this pattern...

Fortune Telling

Predicting negative futures

Example: "Monday will definitely be terrible"

Challenge Question:

How many times have your predictions been wrong? What else might happen?

Your example of this pattern:

Write a thought you have on Sundays that fits this pattern...

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All-or-Nothing Thinking

Seeing things in black and white

Example: "If I don't finish everything perfectly, I'm a failure"

Challenge Question:

What would 80% good enough look like? Where's the middle ground?

Your example of this pattern:

Write a thought you have on Sundays that fits this pattern...

Should Statements

Rigid rules about how things must be

Example: "I should be able to handle this without anxiety"

Challenge Question:

Says who? What would self-compassion say instead?

Your example of this pattern:

Write a thought you have on Sundays that fits this pattern...

Magnification

Blowing things out of proportion

Example: "That one email ruins my entire week"

Challenge Question:

In the context of your whole week/life, how big is this really?

Your example of this pattern:

Write a thought you have on Sundays that fits this pattern...

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Part 12 · Body-Based Anxiety Interventions

Develop a toolkit of physical practices to manage Sunday anxiety in your body.

4-7-8 Breathing Technique

Instructions:

- Exhale completely through your mouth
- Close mouth, inhale through nose for 4 counts
- Hold breath for 7 counts
- Exhale through mouth for 8 counts
- Repeat 3-4 times

When to use: Use at first sign of anxiety, before bed, or during transition times

Progressive Muscle Relaxation

Instructions:

- Start with toes, tense for 5 seconds
- Release suddenly and notice the relaxation
- Work up through each muscle group
- End with full body tension and release
- Rest in complete relaxation for 2 minutes

When to use: Sunday evening, especially helpful before sleep

Sunday Movement Menu

Options to try:

- Morning yoga or stretching
- Afternoon nature walk
- Evening gentle exercise
- Dance to favorite music
- Swimming or water activities

When to use: Choose 2-3 activities and schedule them at anxiety peak times

Grounding Techniques

Exercises:

- 5-4-3-2-1 Senses (5 things you see, 4 you hear, 3 you touch, 2 you smell, 1 you taste)
- Barefoot walking on grass
- Hold ice cubes or cold water on wrists
- Essential oil aromatherapy
- Weighted blanket or compression

When to use: Use when thoughts spiral or body feels activated

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My Physical Management Plan

Which 2-3 techniques will you commit to trying this week?

List techniques and when you'll practice them...

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Part 13 · Intentional Sunday Redesign

Create a Sunday structure that supports both rest and transition.

Goal: Create a Sunday structure that honors both rest and necessary preparation, with clear boundaries and intentional transitions.

Morning Rituals

Start Sunday with intention and calm

Ideas to consider:

- ☐ Technology-free first hour
- ☐ Gratitude journaling
- ☐ Favorite breakfast ritual
- ☐ Morning sunlight exposure
- ☐ Spiritual or meditation practice

Your personal plan for morning rituals:

What will you specifically do?

Afternoon Transitions

Acknowledge the shift while maintaining presence

Ideas to consider:

- ☐ Weekly reflection practice
- ☐ Preparation ritual (clothes, meals)
- ☐ Creative or hobby time
- ☐ Social connection plans
- ☐ Nature immersion

Your personal plan for afternoon transitions:

What will you specifically do?

Evening Boundaries

Create clear work-life separation

Ideas to consider:

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- ☐ Work check-in window (30 min max)
- ☐ Transition ceremony (candle, music)
- ☐ Comfort activities planning
- ☐ Connection with loved ones
- ☐ Tomorrow's bright spot identification

Your personal plan for evening boundaries:

What will you specifically do?

Sleep Sanctuary

Optimize for restorative rest

Ideas to consider:

- ☐ Bedroom as phone-free zone
- ☐ Calming scents (lavender)
- ☐ Temperature optimization
- ☐ Comfort items arrangement
- ☐ Sleep story or meditation

Your personal plan for sleep sanctuary:

What will you specifically do?

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Part 14 · Workplace Change Strategies

Develop approaches to address workplace factors contributing to Sunday anxiety.

Remember: You have the right to advocate for changes that support your well-being. Start small and build on successes.

Monday Morning Modifications

- ☐ Request later start time on Mondays
- ☐ Schedule buffer time before meetings
- ☐ Begin with preferred tasks
- ☐ Work from home Monday mornings
- ☐ Create Monday collaboration rituals

Communication Scripts

Discussing workload with supervisor:

"I've noticed my effectiveness is impacted by pre-week anxiety. Could we explore how to better distribute my workload throughout the week?"

Your personalized version:

Adapt this script to your situation...

Setting weekend boundaries:

"To maintain my productivity, I'm implementing a no-email policy on Sundays. I'll respond first thing Monday morning."

Your personalized version:

Adapt this script to your situation...

Requesting support:

"I'm working on managing work-related anxiety. Would it be possible to [specific request] to support this?"

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Your personalized version:

Adapt this script to your situation...

Structural Changes

Long-term possibilities:

- Four-day work week
- Flexible scheduling
- Project redistribution
- Role clarification
- Team support systems

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Part 15 · Building Your Sunday Support Network

Create connections and accountability for managing Sunday anxiety.

Sunday Buddy System

Partner with someone who also experiences Sunday anxiety

Activities:

- Weekly check-in calls
- Shared activity planning
- Accountability for self-care
- Celebration of small wins
- Mutual encouragement

Who could be your Sunday buddy?

Family/Household Involvement

Engage those you live with in supporting your Sunday experience

Strategies:

- Explain Sunday anxiety openly
- Request specific support
- Create family rituals
- Plan engaging activities together
- Establish quiet time needs

What support do you need from those you live with?

Professional Support

When to seek additional help

Indicators:

- Anxiety interferes with sleep 3+ Sundays/month
- Substance use to cope increases
- Physical symptoms persist
- Work performance affected

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- Relationships strained

Do any of these indicators apply to you? What support might help?

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Part 16 · Creating Your Integrated Sunday Scaries Action Plan

Week 1-2: Assessment & Awareness

Which exercises will you complete first to understand your patterns?

e.g., Timeline Analysis and Triggers Deep Dive

Week 3-4: Skill Building

What 2-3 new strategies will you practice?

e.g., 4-7-8 breathing, thought challenging, Sunday buddy check-ins

Success Metrics

How will you know your Sunday experience is improving?

e.g., Anxiety level drops from 8 to 5 by 3pm, able to enjoy Sunday dinner...

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Part 17 · Clinical Implementation Guide

Progressive Approach

Start with awareness exercises before moving to interventions. Clients often need 2-3 weeks of pattern recognition before they're ready for change strategies.

Group Processing Ideas

- Sunday Timeline sharing - normalize varying patterns
- Cognitive distortion bingo - gamify recognition
- Physical technique practice sessions
- Workplace advocacy role-playing

When to Refer

Consider additional support if: Sunday anxiety persists after 6-8 weeks of intervention, substance use increases, panic attacks occur, or work performance significantly declines.

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