MINDTHEORY

Sunday Scaries:

Understanding & Overcoming Sunday Anxiety

A calmer mind for brighter Mondays.



1 What Causes Sunday Scaries?

Sunday anxiety often comes from a mix of psychological, emotional and practical factors.



Anticipatory Stress

Worrying about the week ahead.

- Thinking about pending work or deadlines
- Fear of a busy or difficult week
- Uncertainty about what's coming
- Mental to-do lists running in the background



Autonomy Loss

Freedom and control start to feel limited.

- Weekend feels free and flexible
- Monday brings structure and obligations
- Shift from "my time" to "have to"
- Feeling less in control can create resistance and anxiety

2 The Paradox of Forced Relaxation

Sometimes we feel anxious because the weekend itself creates pressure to "be relaxed" or "do more".



- We feel we should make the most of the weekend
- Unrealistic expectations to be productive, social or "do something"
- Pressure to rest, yet also to catch up on personal tasks
- When the weekend doesn't meet these expectations, it can leave us feeling guilty, dissatisfied and anxious on Sunday evening

3 Biological Clock Disruption

Changes in our sleep and body clock over the weekend can affect mood and increase anxiety.



- Staying up later and waking up later than usual
- Irregular sleep schedule can confuse the body clock
- Poor sleep quality affects mood, focus and emotional balance
- On Sunday evening, the body starts to anticipate the earlier wake-up time, which can trigger anxiety

4 Actionable Steps to Feel Better

Small, intentional habits can help you end the weekend calmly and start the week with a clearer mind.

1 Friday Brain Dump

Get it out of your head.



- Write down all pending tasks and worries
- Clarify what actually needs to be done
- This reduces mental clutter and gives you a sense of control

2 Create Sunday Anchors

Add small, meaningful routines that help you feel grounded.



- Do something you enjoy and find relaxing
- Keep it simple (e.g. a walk, good food, reading, light planning)
- Include a brief plan for Monday
- End the day with a calming routine

3 Be Consistent with Sleep

Keep a steady sleep schedule, even on weekends.



- Try to sleep and wake up at similar times
- Aim for 7–8 hours of quality sleep
- Avoid excessive late-night screen time
- A well-rested mind is better equipped to handle the week ahead

A calm Sunday can set the tone for a healthier, happier week.