

Sunday Scaries Exercises

Map your Sunday, challenge the thinking, redesign the evening

Printable worksheet · 7 parts

Name _____ Date _____

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PART 1 OF 7

Sunday Timeline Analysis

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

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)

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?

What worries dominate your thoughts?

Rate your anxiety level (1-10):

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Anxiety Triggers Deep Dive

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

Interpersonal Triggers

- 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?

Task-Related Triggers

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

What specific work tasks dominate your Sunday thoughts?

Environmental Triggers

- Open office anxiety
- Commute dread
- Technology overwhelm
- Workplace culture stress
- Schedule intensity

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

Identity Triggers

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

How does returning to work challenge your sense of self?

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Cognitive Distortion Detective

Identify and challenge the thinking patterns that amplify Sunday anxiety.

Catastrophizing

Imagining the worst possible outcomes

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

Mind Reading

Assuming you know what others think

Example: "Everyone thinks I'm incompetent"

Fortune Telling

Predicting negative futures

Example: "Monday will definitely be terrible"

All-or-Nothing Thinking

Seeing things in black and white

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

Should Statements

Rigid rules about how things must be

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

Magnification

Blowing things out of proportion

Example: "That one email ruins my entire week"

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Body-Based Anxiety Interventions

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

4-7-8 Breathing Technique

- 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

Progressive Muscle Relaxation

- 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

Sunday Movement Menu

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

Grounding Techniques

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Intentional Sunday Redesign

Create a Sunday structure that supports both rest and transition.

Morning Rituals

Start Sunday with intention and calm

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

Afternoon Transitions

Acknowledge the shift while maintaining presence

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

Evening Boundaries

Create clear work-life separation

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

Sleep Sanctuary

Optimize for restorative rest

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

☐ Sleep story or meditation

PART 6 OF 7

Workplace Change Strategies

Develop approaches to address workplace factors contributing to Sunday anxiety.

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?"

Setting weekend boundaries:

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

Requesting support:

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

Structural Changes

PART 7 OF 7

Building Your Sunday Support Network

Create connections and accountability for managing Sunday anxiety.

Sunday Buddy System

Partner with someone who also experiences Sunday anxiety

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

Family/Household Involvement

Engage those you live with in supporting your Sunday experience

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

Professional Support

When to seek additional help

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