

# THE EXTRA POINT

BY JERRY ROBERTS



## # 922 Can't Handle Mondays? I May Have the Solution.

If Mondays are tough for you, where it's hard to get going and get up to speed, and you've resigned yourself to just survive the day, I might have some information that can help. I'm Jerry Roberts, and let's see if we can make Mondays better for you, next, on The Extra Point.

Are Monday mornings tough for you? You're just not into it? Have you ever wondered why? Have you ever thought that it had something to do with your job? I don't claim to have all the pieces to your individual situation, but I might have a good part of it. Let's find out.

An article published by the British Broadcasting Corporation suggests that it could indeed be your job. If you don't look forward to coming to work on Monday, that might be your subconscious mind sending a message that another job or career path might be better. That said, for most people, that's probably not the reason, or the entire reason.

What if I said that the extra hours you sleep during the weekend, catching up on sleep lost during the week, ends up messing with your body clock — and that messes with how you handle Mondays. Experts say that an extra nap of just two hours can throw off your inner timing.

"Wait a minute here," you say, "I'm sleepy from not sleeping enough Monday through Friday. I need a nap to get straight so I can come into the week fresh." I get it, but the reality is that little nap, as good as it feels when you wake up, can disrupt your clock by about an hour, making you slow and lethargic all day long when Monday comes.

For many people, Saturday is a busy day in one way or another. If not a day on the job, it might be used for home projects, or family activities. Or, people gather to share food and drink, and that can last well into the evening,

again to be remedied by one of those naps, or you just sleep well into the day, and that can really throw your clock off.

Monday morning arrives, we're at work, not feeling ready for the workload ahead of us, or meetings, and we decide we need a little pick-me-up to get things going. What do we do?

Did you say coffee? You win the prize. Coffee. A person quoted in the article said he's into his third cup before 11:00 a.m. The caffeine is carrying him.

Then, a big carbohydrate-laden lunch, which brings on the desire to sleep an hour or two later. What then? Right, more coffee. We make it through the day, pretty much wired on the caffeine, eat dinner, watch TV, fall asleep and slip into our Monday to Friday routine.

We don't sleep enough, boost our work days with coffee and energy drinks, and then comes the weekend. Rinse and repeat.

If what I've described has described you and your routine, I've got some good news. You can likely make a couple of small tweaks and get on top of the problem.

1. Fall asleep at the same time every night, or as close to it as possible. If you can make that somewhere near 10 p.m., you'll be stabilizing your body clock. Get off your phone and other devices 30 minutes before you want to sleep.

2. Try to get seven hours of sleep each night. If you're getting five now, seven won't happen right away because your body isn't used to it. Work on getting six, and build up.

(Con't.)

3. Eat some complex carbs at breakfast and lunch. Add more veggies, less white rice and pasta. Especially at lunch. This will help you fight off the afternoon sleepiness.

If you're knocking down three, four, five cups of coffee or more per day, start cutting that down. I'm not saying you have to go cold turkey and give it up. Use it as a treat, not as a stimulant to keep your eyes open.

The less coffee you drink, the better you'll sleep — and that, in turn, will eliminate the need for coffee as a crutch.

The body is a machine. Put it on a schedule. Give it what it needs, while eliminating or minimizing things that hurt performance.

Do these simple things, and you may find yourself feeling a lot different about Mondays — maybe every day.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

