



PLAY
ATTENTION



Mindfulness
to combat the
"Sunday Scaries"



Summer Mindfulness Challenge
Day 17: Combat the "Sunday Scaries"
15 minute exercise



WHAT ARE THE 'SUNDAY SCARIES'?

"The Sunday scaries are feelings of intense anxiety and dread that routinely occur every Sunday. They often start in the late afternoon and continue into the evening. However, depending on a person's level of anxiety, these feelings can start as soon as they get out of bed," says Dr. Albers.



WHAT ARE THE 'SUNDAY SCARIES'?

"According to Dr. Albers, the Sunday scaries are triggered by the end of the weekend approaching and us anticipating our return to work. She says when people start to make their to-do lists or contemplate upcoming responsibilities, the transition from relaxation to work mode can be a tough 180."

Dr. Albers add, "Some of our Sunday scaries might stem from our brains gearing up to access the parts that we don't use during the weekend."



WHAT ARE THE 'SUNDAY SCARIES'?

The Sunday scaries can snowball into physical manifestations such as:

- A racing heartbeat.
- Sweating.
- Difficulty breathing.
- Trembling.
- Upset stomach.
- Trouble sleeping.
- Headache.



USE MINDFULNESS
TO COMBAT THE
SUNDAY SCARIES



CHANGE YOUR MINDSET

Be mindful of the thoughts that run through your head on Sunday nights. Replace negative thoughts like “I don’t want to go to work tomorrow” with positive, encouraging statements, like “I can do this” or “This is nothing new. I will be OK.”

PLAY ATTENTION

CAN TEACH YOU HOW TO STAY IN THE PRESENT
MOMENT & IMPROVE EXECUTIVE FUNCTION.

Our NASA inspired BodyWave technology monitors your brain activity indicative of attention, and allows you to see your attentive state in real-time. We have a variety of cognitive exercises that are designed to improve executive function. You control each exercise by mind alone!

Our [Lotus module](#) is specifically designed to teach you how to keep your mind in the present moment.



SCHEDULE YOUR CONSULT
TO LEARN MORE



PLAY
ATTENTION

