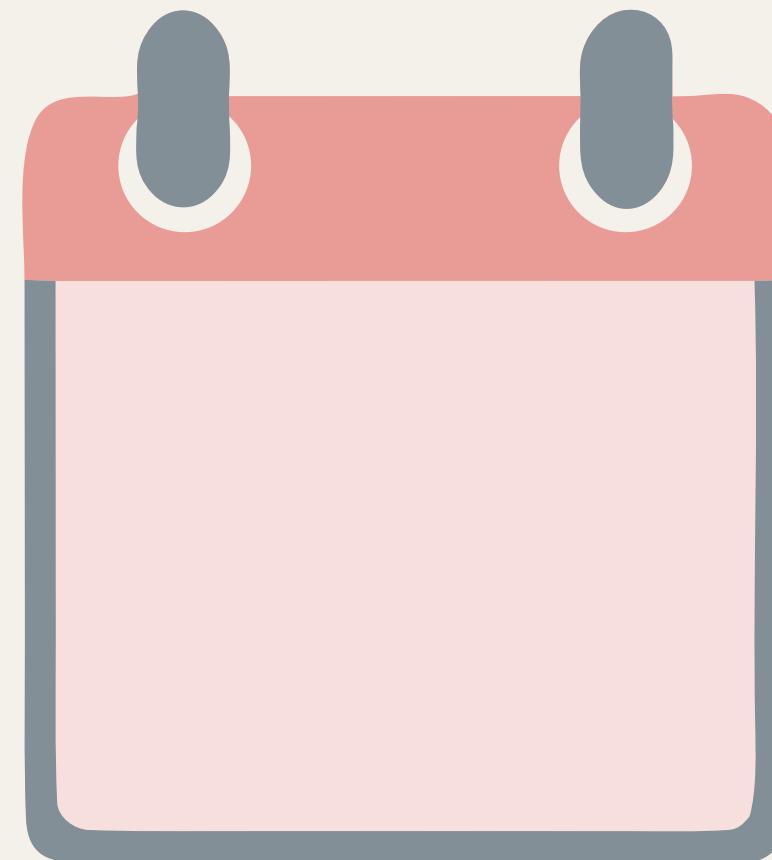


# the **Sunday Anxiety** **Prep Checklist**

**SIMPLE SUPPORT TO  
HELP REDUCE  
SUNDAY ANXIETY & START  
YOUR WEEK WITH EASE**



**YOUR STORY**



Many of us find Sunday evenings to be overwhelming with a build up of demands, expectations and worry.

I created this **Sunday Anxiety Prep Checklist** to include simple, low demand steps to help reduce stress and ease the transition into a new week with more clarity.

I hope you find it helpful.

*Tory,*  
founder **Yourstory Therapy**

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## 2 INTRODUCTION

**Your Sunday night anxiety isn't a personal flaw - it's often a nervous system response to upcoming demands, expectations and anticipatory worry.**

This checklist offers help and support for your body and mind, helping you get clear on what matters and take small steps to a softer Sunday evening.

This guide is **perfect** if you often:

- Dread Sunday evenings ✓
- Spiral before the week begins ✓
- Feel anxious about work, responsibilities & the unknown ✓
- Need a calming structure without pressure or overwhelm ✓
- Want to feel grounded heading into each new week ✓



# 3 GROUND YOUR BODY

Anxiety often pulls us into the future, struggling with 'what if?' and uncertainty.

To help stay grounded in the present take 5-10 minutes to interrupt those brain patterns.

Use these 3 grounding techniques to bring you back to the present and regulate your nervous system.

Rather than forcing calm, think of soothing your nervous system in whatever way works for you.

3 SLOW, DEEP BELLY BREATHS

PLACE FEET FLAT ON THE FLOOR & PRESS DOWN FOR 10 SECONDS

DO 10 WALL PUSH UPS

NAME 3 OF YOUR SENSORY NEEDS AND FIX ONE (LIGHT, SOUND, TEMPERATURE)

PACE AND REPEAT 'I AM SAFE. I CAN TAKE THINGS ONE STEP AT A TIME.'



# 4 TAKE CARE OF YOUR MIND

Write down a few things your 'Monday self' will appreciate. You could include:

**One thing you must remember. The best first task.**

**One thing you can safely postpone.**

**Then cross off anything that isn't actually your responsibility.**

Ask yourself:

**How can I reduce pressure?**

**What's one thing I could take off my plate?**

**Is there one demand I could move to Tuesday?**



# 5 Set your priorities

- ▶ It can help to identify the top 3 tasks that matter the most for Monday.
- ▶ Then put them in order **1,2,3**
- ▶ Set realistic expectations based on your energy levels and capacity.
- ▶ Ask Yourself: What am I expecting myself to achieve tomorrow and is it reasonable?





# 6 Calm Intentions

What comfort ritual could you plan for a softer Sunday evening?

What would feel safe, gentle, predictable and mildly stimulating?

What cues would help your body know the day is ending rather than 'gearing up'?

TALK TO SOMEONE WHO MAKES YOU FEEL SAFE

MUSIC/PODCAST/FAVOURITE PLAYLIST

A WARM SHOWER OR BATH

PREDICTABLE HOBBY, LOW DEMAND CRAFT

FAVOURITE TV SHOW AND CALMING DRINK

DIM THE LIGHTS AND FAVOURITE COMFIES



# 7 ENVIRONMENTAL SUPPORTS

Small, doable tasks can reduce cognitive overload and give you a head start.

Think about:

- Tidying one small area - kitchen counter, desk, front door
- Packing bags or lunch for Monday
- Leaving out clothes for the morning
- Charging devices overnight
- Filling up your water bottle to grab in the morning
- Leaving out your coffee cup





# 8 Nervous System Reset

- ▶ Try a 30-60 second cold water splash on your face to stimulate vagus nerve and shift nervous system balance.
- ▶ Box breathing can reassure the nervous system: Inhale for 4 - Hold for 4 - Exhale for 4.
- ▶ Shake your body for 1 minute, go for a brisk walk, do some jumping jacks - this short cardio burst can help release built up stress hormones.
- ▶ Use a weighted blank and dim the lights for calming regulation.
- ▶ Listen to calming music, audio book or nature sounds - this can slow down heart rate and breathing.
- ▶ Make sure you are hydrated and grab a snack - dips in your blood sugar can feel the same as stress.



# 9 REDUCE TRIGGERS

Pause searches, shopping and doom scrolling

Avoid last minute work emails

Watch calmer TV shows

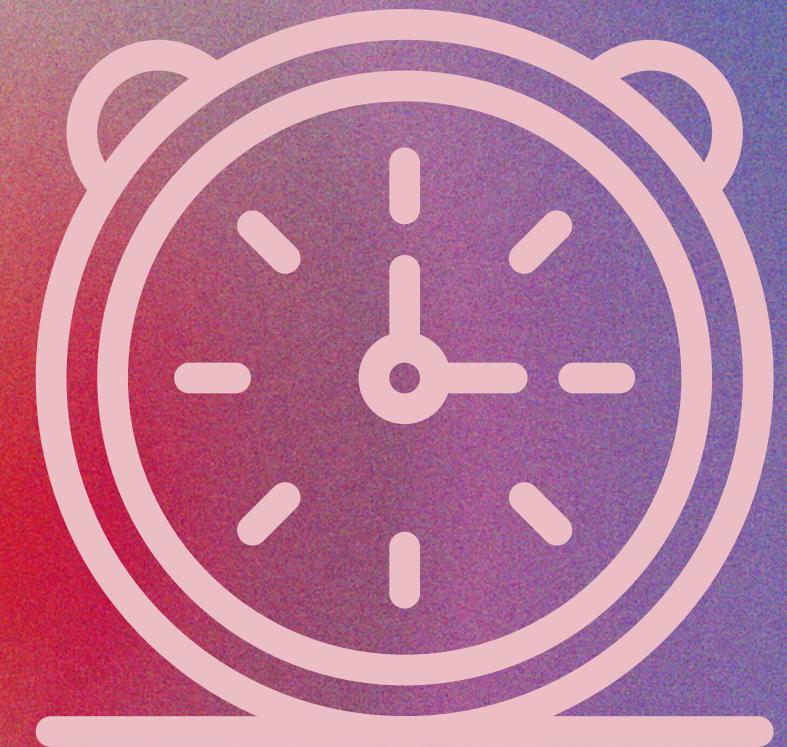
Physically put away your work materials and laptop

Keep a 'NO PLANNING' boundary after 7pm if possible

Avoid big heavy meals before bed

Keep coming back to 'Nothing urgent gets solved tonight'

Remind yourself you can take this week step by step



# 10 JOURNAL PROMPTS



- WHAT IS THE ACTUAL FEAR **UNDERNEATH** MY SUNDAY ANXIETY?
- WHAT EVIDENCE SUGGESTS I **CAN** HANDLE THIS WEEK?
- WHAT WOULD THE **COMPASSIONATE** VERSION OF ME SAY?
- WHAT DO I NEED **MORE** OF THIS WEEK?
- WHERE CAN I GIVE MYSELF **PERMISSION** TO SLOW THINGS DOWN?
- WHAT CAN I WORK TO **LET GO** OF?





I HOPE YOU FOUND THIS RESOURCE HELPFUL.

IF YOU NEED ANY FURTHER SUPPORT THEN  
PLEASE GET IN TOUCH:

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