

NEWS RELEASE

2 OUT OF 3 BRITS SUFFER 'SUNDAY NIGHT FEAR'

- **'Sunday fear' kicks in from 1:20pm on Sunday afternoon**
- **Workload, commute and salary are worst things at work**
- **1 in 5 would 'remove' a particular colleague if given the choice**

ANXIETY around the working week ahead creeps into our weekend earlier than expected. Two out of three UK workers admit to suffering from 'Sunday night fear' (fear of the working week ahead) as early as 1:20pm on Sunday afternoon.

Unfinished tasks from the previous week, a nightmare commute and unbearable colleagues are the top three reasons for dreading Monday morning. In fact, **one in five** UK workers would 'remove' a particular colleague if they could rid themselves of one thing at work. While workload, commute and salary are the top three *worst* things at work for those surveyed.

The results, from a survey of 2,000 UK workers, show most lose almost an entire day thinking about the week ahead rather than switching off and enjoying the whole weekend. Meaning if the average person wakes up at 9am on Sunday, they're only enjoying four hours of 'work free' time.

That's how it feels to Love Mondays

97% of those surveyed cited job satisfaction as an important factor to loving Mondays, with those in Creative industries and Estate Agency most satisfied in their jobs and those in the Public Sector least satisfied.

But what does it take to stop the dread and start looking forward to going to work on Monday? Our survey revealed flexible working hours (28%) working from home (23%) and having great colleagues (21%) as some of the key ingredients to loving your job.

Mark Rhodes, Marketing Director at reed.co.uk comments:

"For some, planning for the working week ahead can go a long way to improving the feeling of preparedness for Monday morning. But, this shouldn't come at the expense of enjoying the time off you are entitled to. Whether it's colleagues, commutes or unfinished tasks dragging you down, no-one should feel recurring anxiety over returning to work. If you find yourself really dreading returning to work on Monday, it may be time to consider a new role."

Loving your job means something different to everyone, so really focus on what matters to you. Whether it's flexible working, achieving that long awaited promotion, stepping up a pay grade, or simply working with colleagues who bake you a birthday cake, if you can't see it happening in your current role it might be time to make a change and banish the Sunday night blues once and for all."

[ENDS]

Notes to editors:

An online survey was commissioned by Atomic Research among 2,000 full time and part time UK workers.

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