

Men's Health News

What Every Man Must Do at 9 a.m.

by [Cassie Shortsleeve](#) October 1, 2012, 07:00 am EDT

Cheer up—your lousy Monday morning isn't as bad as you think. People's moods actually vary very little from Monday to Thursday, says a new study in the *Journal of Positive Psychology*. The interesting part? When asked to remember their moods on previous days that week, people scored Monday as way bluer than it actually was.

How come? You think Monday sucks more than it actually does because you're happier on the weekends. There's a dramatic shift in mood from Sunday to Monday that isn't nearly as extreme the rest of the week, researchers believe.

(That's why Wednesdays and Thursdays don't seem so terrible in retrospect.)



Don't worry, Monday won't be that bad.

But the truth is, heading back to the office after the weekend is tough. That's why we checked with some experts to make your Monday through Thursday better. Here's what to do when, and why it'll work to score you the results you're looking for. (Did you know we'll send you must-have tips like these *every morning*? Just sign up for our [Daily Dose Newsletter](#)—it's FREE!)

Weekdays at 6 a.m.: Send Your Most Important Email

"We all know we shouldn't check email first thing when we wake up, but we do," says Laura Vanderkam, author of *What the Most Successful People Do Before Breakfast*. "An email sent first thing in the morning will be on top of the pile when people start wading through their inbox, so they're more likely to open it."

Monday at 9 a.m.: Zone in on Your Most Tedious Task

Mondays are a terrible time to get anyone's attention, says Katy Tynan, author of *Survive Your Promotion*. It's not because they're hungover—though that's a possibility—but because their inboxes are on fire. Your move: Clean out your inbox or focus on that looming tedious task. "We wake up with a fresh supply of self-discipline which we use up throughout the day," says Vanderkam. "In the morning it's as strong as it will ever be." (If you need a boost, try one of these [10 Ways to Increase Your Productivity](#).)

Monday or Tuesday Afternoon: Schedule a Weekly Check-in with Your Boss

When it comes to face-time with your manager, scheduling a weekly one-on-one on Monday or Tuesday is much better than putting one on the calendar for Thursday or Friday, says Joel Garfinkle, author of *Getting Ahead: Three Steps to Take Your Career to the Next Level*. You'll leave with action steps for the week instead of leaving for the weekend.

Wednesday Afternoon: Gather Your Team Together for a Meeting

Johnny Cash was on to something with his song, "Wednesday Car." "It's an old saying that you want to buy a car built on a Wednesday," says Tynan. Why? It's the middle of the week when people are focused—not sloppily returning from a weekend, or already looking to the next. Your move: Keep meetings before or after lunch—10 a.m. or 2 p.m. both work well. Otherwise you're dealing with tired, hungry, or zoned-out people resentful they're missing their kid's game.

Thursday Afternoon: Ask for That Promotion

Before you choose a day, know two things: your boss' schedule and your company's cycle, says Tynan. "If your boss has Wednesday a.m. meetings, don't ask for a meeting right after it," she adds. If you work for more of a seasonal company, asking for a raise when business is bad isn't your best move. Also, schedule a meeting with your boss after you accomplish something significant, says Garfinkle. (Read: you saved the company money, you made the company a lot of money, or you solved a problem.) "The lens that your boss looks at you is very positive right then," he adds. Lean toward the end of the week when his mood's on the upswing.