

hardest day of the week

Posted by digger2118 - 11 Sep 2017 14:41

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I find the hardest day of the week to be Monday. Back to work and back to decisions, dealing with situations and stress. It's the time that I most want to escape into a fantasy land and use my computer to go somewhere else.

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Re: hardest day of the week

Posted by Markz - 11 Sep 2017 15:20

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[digger2118 wrote on 11 Sep 2017 14:41:](#)

I find the hardest day of the week to be Monday. Back to work and back to decisions, dealing with situations and stress. It's the time that I most want to escape into a fantasy land and use my computer to go somewhere else.

Welcome

Some of us have Monday everyday...

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Re: hardest day of the week

Posted by yosef10 - 13 Dec 2017 02:33

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Everyone has the monday issue. For me, at one point, it was an "every day of the week issue". B'h now I've done my best to make it a "no day issue".

Regarding it being a midday issue, its amazing how well you know yourself. You can use monday being an issue, to making it your solution. If monday is the day that sets you off, thats the day that the "big guns" have to come in. This is the day that you can make a specific "taphsic shvua" in which you promise to not go on the internet, lets say past 5pm. This can be the day where you learn an extra mishna with in mind of you not falling. Even an extra long, intense shemuna esrai by shacharis can do the trick. Also, going back to basics, sometimes the trick is to just solve the issue of stress. Maybe just mentally going over what you have to get done, just to organize, or do some extra work on friday so its not so intense on monday. It seems like at least one of the factors of you falling is stress, and this is your release.

This is very common,as I know from myself and am still working on it. Getting a good nights sleep, or even an extra cookie is always good

One of the things that got me out was trying to be happier. Random smiling, doing a kind act, this stuff is the antidote for random stress (because sometimes its impossible to circumvent). So throughout the week, at least one thing you do, try to be **besimcha**. This will spread to everything else.

May we all have chizuk and get close to Hashem through our success, not struggles. May we all

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Re: hardest day of the week

Posted by lionking - 13 Dec 2017 02:59

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Yosef, very good post.

Be thoughtful of others with your suggestions.

for some people that extra cookie is the source of their stress!

Ivdu es Hashem **Bisimcha**. (serve Hashem with Happiness). Have an amazing CHanuka!!

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Re: hardest day of the week

Posted by yosef10 - 13 Dec 2017 03:02

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. Maybe instead buy a nice apple.

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Re: hardest day of the week

Posted by lionking - 13 Dec 2017 03:05

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Il struggled for years with stress every day and night. Took a long time to arrive where I am now to for 70% of the time let go and let God take over. You can do it too.

Hatzlacha Rabba!

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Re: hardest day of the week  
Posted by yosef10 - 13 Dec 2017 03:13

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What about the other 30%?

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Re: hardest day of the week  
Posted by lionking - 13 Dec 2017 09:57

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[yosef10 wrote on 13 Dec 2017 03:13:](#)

What about the other 30%?

I still fool myself in to thinking that I can manage it! It comes from my ego which refuses to recognize that I need Hashem for every little thing.

Hopefully learning the easy way...

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Re: hardest day of the week  
Posted by yosef10 - 14 Dec 2017 00:07

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You'll get there soon. Its amazing that you see the character flaws in yourself, hopefully over the coarse of this experience that Hashem has b"h given to you, you will learn to break the flaw. Remember, your goal isn't only to beat the neesyon, its also to come out of it a better person.

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Good luck in all that you do. Hatzlacha.