

WEB:

Focus Keyword: bare minimum Mondays

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SEO Story Title: “Bare Minimum Mondays”—The New Way to Put Wellbeing Over Work

Meta Description: There’s a new concept for all the corporate babes out there attempting to avoid burnout. Meet “Bare Minimum Mondays.”

Links: embedded

Slug: bare-minimum-mondays

Hed: Case of the Mondays

Dek: The first day of the week looks, well, *weak*.

Byline: Anna Beth Adcock

Mondays, amiright? While we all dread the end of the weekend (see: Sunday scaries)—there’s a new trend emerging for all the [corporate](#) babes attempting to avoid burnout. Enter “[Bare Minimum Mondays](#)”—essentially putting personal wellbeing over work (what a concept!). Think going for a run, reading a book or getting your nails done rather than hopping right to your email inbox bright and early on a Monday morn.

From the mind of self-employed digital creator Marisa Jo Meyes, the concept of [#BareMinimumMondays](#) leans into fielding some of the [stress](#) away from the start of the workweek and setting boundaries with the powers that be a la office culture—see also [quiet quitting](#) and “[The Great Resignation](#).”

So is it slacking or self-care? You be the judge. ... While stress is no joke—studies from the [American Institute of Stress](#) have revealed [94% of people report feeling stress at work](#), with [two-thirds suffering related sleep-loss](#) and ~1 million Americans missing work each day due to stress—only time’ll tell if the bare minimum beats the grind. Will procrastinating the source of your anxiety amp it up or mellow out what’s got your mind in a muddle from 9–5... and at 3am?

And stay tuned for our upcoming story on what there is to do out and about on a Monday to further lean into kicking off the week. #MentalHealthMonday or bust!