

**Work Life... I'm depressed - so how do I respond to
"How was your weekend?"**

Situation:

On Monday mornings I just hate it when everyone at work asks, "How was your weekend?" With my depression I can barely make it to work during the week, so on the weekends I pretty much just do what needs to be done around the house and rest. What am I supposed to say. "Oh, I did the laundry." That doesn't sound very exciting! I don't like people prying into my business.

Answer:

First of all, there are millions of people who don't do exhilarating things on their days off. It's average to do special activities and have fun, and it's also average to things that have to get done like cleaning house, laundry and yard work. Knowing that fact – that either is average – should help you stop judging them right for doing their things and yourself wrong for not doing more ordinary things. There is no right and wrong way to spend a weekend! Remember, your co-workers are your outer environment – you cannot control what they say or don't say. You can't change the situation – only your attitude about it. And the only way to change your attitude is to change your thoughts.

Try this out next time: As soon as someone says, "How was your weekend?" Say silently in your mind: "You're not wrong, you're average." Then with a smile say something general like, "I had a good weekend, Thank You. How was yours?" 99 times out of a 100 asking someone about their weekend will start them talking about what they did. And as they do, think to yourself, "And I'm not wrong I'm average for doing what I did!"

I had once had one co-worker who liked details. When I said I had a good weekend and didn't offer an itemized account, she'd ask, "Well what did you do?" I learned to put on a smile and reply, "Absolutely everything I wanted to do." After a few times I got really comfortable using that reply and it got to be one of my favorites!

One final comment, most people who ask about your weekend are not prying, they're just being polite, they're being nice. If they are gossip-types and looking for information they can pass along to someone else – they are not wrong, they are average. They're not right – just average. They are a fact of life.