

# The Monday Blues

According to the *Chicago Tribune*, a British psychiatrist named Giles Croft of the University of Leeds did an experiment to find out whether people who believe in the reality of the Monday blues are more likely to feel bad on Monday.

Croft divided volunteers into three groups. He gave one group a report that said Monday blues are for real. He gave the second group a report that denied their existence. The third group received nothing to read.



What Croft found was that the first group, which had received the report substantiating Monday blues, was more likely to rate Monday as the worst day in the week.

From his research, Croft concluded that how people *expect* to feel affects *how* they do feel.

What you believe is crucial. Beliefs affect not only what you expect and feel, but what you think and do and become.

Beliefs are the grid we use to interpret life. And beliefs spiral up from the heart.

*Keep your heart with all diligence, for out of it spring the issues of life* (Proverbs 4:23).

– Beecher Hunter