

‘Bare Minimum Mondays’ Could Mean Productivity ‘Hell’ for the Rest of the Week, Expert Warns – Here’s How to Prevent It

By now, you’ve probably heard of “bare minimum Mondays” – the latest TikTok-born workplace trend that’s trying to find a way around burnout.

“Bare minimum Mondays” exemplify the ongoing “collective awareness” that employees have to start putting their mental and emotional health first – and stop accepting additional work and responsibilities without an increase in pay, Brooks E. Scott, executive coach and CEO of Merging Path, tells *Entrepreneur*.

<https://www.entrepreneur.com/leadership/bare-minimum-mondays-can-result-in-a-week-of-productivity/447663>