

Worker anxiety rises after long weekend

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Increasing workload is making it tougher for Americans to cope with back-to-work blues after a long weekend such as Labor Day.

Labor Day weekend also marks the end of summer, requiring workers to start thinking of buckling down to do some serious work, reports Newsday.

Work experts and psychologists told the newspaper the end of this weekend triggers anxiety and depression in many workers as they try to get back into job routine.

The routine has become tougher as people have to work longer hours and produce more as companies get meaner and leaner, says the report. Adding to the job pressure is dealing with piled of volumes of e-mail.

Suggestions to cope with such problems include burying oneself into work and finding an outside activity that is fun and can occupy one's mind.

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