



Safe Environments

Healthy Workers

BEATING THE BLUE MONDAY BLUES

Blue Monday. The third Monday in January is designated as the most depressing day of the year is not actually founded in scientific research, but it has still be adopted as factual. The days are long, the jovial holidays have passed and it's cold and bleak outside. These factors can impact how we are feeling so here are some tips on how to beat the Blue Monday Blues. Not all of these suggestions will work for everyone, but it is important to find what works for you.



TIPS FOR BEATING BLUE MONDAY BLUES:

- STAY POSITIVE AND BE GRATEFUL
- BUNDLE UP AND EMBRACE THE COLD
- SMILE
- FLAME THE FRIENDSHIP FIRE
- GET SOME SLEEP
- BE FUTURE FOCUSED

STAY POSITIVE AND BE GRATEFUL.

Research has shown that being grateful can help you feel more optimistic, so take a moment to focus on positivity and write down the people and things for which you are grateful.

BUNDLE UP AND EMBRACE THE COLD

Getting exercise can help improve your mood. So bundle up in your warmest winter wear and embrace the winter season – skate, ski, walk your way to a better mood. Besides being outside has the benefit of exposing us to natural light which supports our circadian clock and helps us sleep at night.

SMILE

Find something that makes you smile. There are documented social benefits of a genuine smile. Not only does a genuine smile make you seem more likeable, attractive, intelligent and trustworthy it can also provide other benefits. These benefits include improved mood, lower blood pressure, stress relief, better relationships, better immune functioning and pain relief.

FLAME THE FRIENDSHIP FIRE

Get together with friends or family – for coffee, drinks, lunch or dinner. Or even just send a quick text to connect and check in. Friendships increase our sense of belong, boost happiness and reduce stress, improve our self-confidence and self-worth. If we are feeling a little blue our friends can play a significant role in providing support. You can nurture your friendships by being kind, listening, opening up, fostering trust ,and making yourself available.

GET SOME SLEEP

Fatigue can significantly impact our mood, so do your best to follow good sleep hygiene patterns so that you sleep well. Remove distractions from your bedroom and make your bedroom comfortable, dark and quiet so that you can wake up feeling refreshed.

BE FUTURE FOCUSED

Think about and visualize where you want to be in life. Think positively about how you achieve your future goals and even make plans to get there. Science indicates that mental rehearsal of a desired future state can impact your energy and emotions.

SOURCES

<https://benefitsbridge.unitedconcordia.com/top-7-health-benefits-smiling/>

<https://www.theguardian.com/lifeandstyle/2018/nov/05/winter-blues-practical-guide-more-light-in-your-life>

<https://sustainability.ncsu.edu/blog/changeyourstate/benefits-of-natural-light/>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

<https://graziadaily.co.uk/life/health-fitness/blue-monday/>

© Public Services Health and Safety Association