

BLUE MONDAY

(..IS A MYTH)

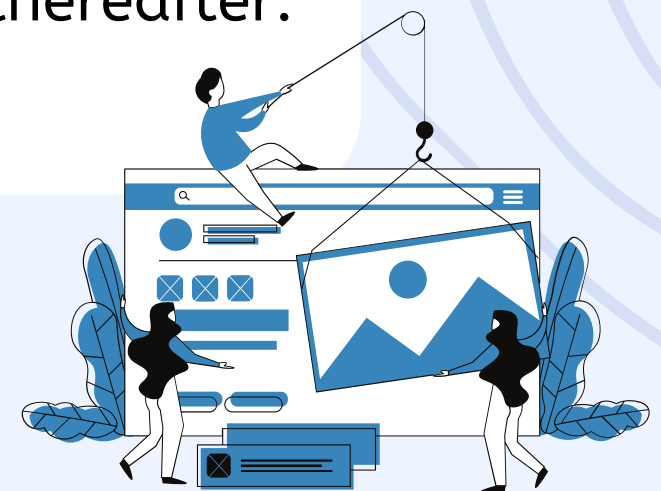
Monday
15th January
2024

WHAT IS BLUE MONDAY?

Every year, the 3rd Monday of January is considered to be '**Blue Monday**' and 'the most depressing day of the year', due to the end of the festive period, payday being far off, a struggle to get New Year's resolutions off the ground and the worsening weather.



However, this evidence is non-scientific and was created for the purpose of promoting winter holiday deals, and used for other promotional activity thereafter.



MENTAL HEALTH IN WINTER

Although Blue Monday is a myth, there are still many struggling with their mental health, and for some, this time of year might be more difficult than usual for many individual reasons.



Many also struggle with Seasonal Affective Disorder (S.A.D.) at any time of year, but particularly during the winter due to fewer daylight hours impacting the circadian rhythm and mood-regulating hormones such as serotonin and melatonin.

These changes can have a significant impact on appetite, sleep and therefore mood, with many experiencing symptoms of depression.

PROTECTING OUR MENTAL HEALTH

- Recognise the signs
- Create structure and routine
- Ensure you get some exposure to daylight (as much as you can)
- Eat well
- Try to move each day (even just a walk around the block)
- Connect with others/reach out
- Journal/keep a mood diary

If you are experiencing suicidal thoughts or thoughts of self harm, please do reach out to your GP or contact **Samaritans on 116 123**



Overall, be kind to yourself and do what you can to take care of yourself.



SUPPORT

SAMARITANS: BREW MONDAY

'Brew Monday' is Samaritans' positive attempt to change the narrative of Blue Monday, in getting people to reach out to each other for a 'cuppa and a catch-up'. Connecting with others generally is good for our mental wellbeing, as well as reaching out to support one another.

Click [here](#) to find out more or scan the QR code.

Samaritans (116 123) are a 24/7 free support for anyone experiencing thoughts of suicide, self-harm or are in distress/despair and want someone to talk to in the moment.



UNIVERSITY OF CHESTER AND STUDENT SUPPORT

STUDENT ASSISTANCE PROGRAMME (SAP)

The Student Assistance Programme is our dedicated student support, which you can call for free at any time, day or night.

Call **0800 028 3766** for in-the-moment support from an experienced therapist or adviser.

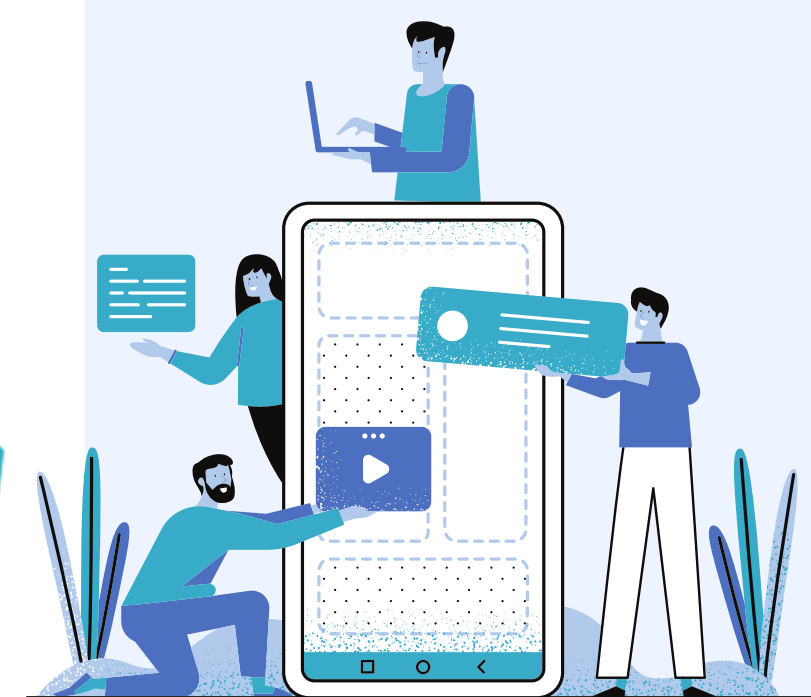
Click the following link or scan QR code for more: [Student Assistance Programme \(SAP\) - Access 24/7 Counselling and/or practical advice](#)



THE WISDOM APP

As a University of Chester student, you also have free access to the Wisdom App and you can download it here ([Wisdom App](#)) or by scanning the QR code.

All you need is your university student email address and you register using this code **MHA146072** to unlock exclusive wellbeing content.



PORTAL: WELLBEING & MENTAL HEALTH PAGE

If you would like to look into support with a specific issue, take a look at the Wellbeing and Mental Health page on portal [here](#) or by scanning the QR code, where you can find lots of resources covering a range of issues as well as how to seek further help if needed.

