

# BC Wellbeing News

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January 2022

## Got the January Blues?

Things can seem a bit grim after the excitement of Christmas, with the weather cold and miserable. We're even told in the media that this coming Monday is the worst day of the year! It turns out, all is not as it seems. Read here what the Mental Health Foundation has to say in an extract from their blog:

## Blue Monday is a myth!

Blue Monday is a PR stunt that was originally dreamed up to sell holidays. It is a myth, a false calculation based on things like the gloomy weather, post-Christmas debt, disappointment from not keeping new year's resolutions, dissatisfaction about going back to work and general doom and gloom. It has become a PR event, often to promote things that are vaguely linked to wellbeing, more often than not with a complete lack of evidence. No actual scientific studies have ever backed up any claims about Blue Monday.

Mental health 'good and bad' days are individual to each of us. It is pointless to try and identify what the most depressing day of the year is because it would be different for each one of us. And it is also important to distinguish between temporarily feeling down, which we all relate to from time to time, and experiencing depression or a mental health problem that can be quite disabling for our day to day lives.

## 2021 has been and gone and what a year it has been!

After living through another year in a pandemic, there is a real need to take a compassionate look at self-development and our mental health in 2022.

So, we are going to give you tips and tricks on ways to be a little kinder to yourself in the year ahead. This year we hope you can...

## A. Accept who you are

Resist the urge to strive for an entirely new you in 2022. Instead accept you last year, today and tomorrow. Here are 5 habits to improve the relationship with you in 2022:

1

Invest in yourself by spending 15-30 minutes each day doing something you enjoy

2

Write down positive things about yourself when your inner critic finds faults

3

Act as if you were your own best friend and be kind and supportive when you stumble or feel you have failed

4

Do something to wind down and relax at the end of each day

5

Take a few minutes each day to appreciate the small wins you have achieved

## B. Nourish your body

People can have a renewed drive for positive change in the New Year and when channelled calmly and kindly this can have great results for your physical and mental wellbeing.

4 questions to ask yourself before you dive into a new fitness hobby.

**1** What do I want to get out of being active?

**2** Would I prefer to be indoors or outdoors?

**3** Would I like to be in a group or do an individual activity?

**4** Would I like it to be integrated into daily life, such as doing housework, going on a walk or doing gardening etc. (these are physical activities too)

## D. Take time for yourself

This year, when you start to feel overwhelmed or stressed, **pause**, be your friend and ask yourself:

Is this level of stress causing me a problem?

Can I identify the causes?

What small changes can I make to my lifestyle?

Could I...eat healthier, exercise, take time out, be mindful, get some rest and sleep, and most of all be kind to myself.

Tips from our supporters to help you care for yourself and alleviate stress.

- Take a walk in nature
- Set aside 10 minutes a day to relax and collect your thoughts
- Paint, draw or doodle
- Spend time with positive people
- Get a hot cup of something
- Cheer up someone who is feeling down

## C. Bring intention in to your actions

Try to bring intention into your actions through mindfulness this year.

Try out our 1 minute mindfulness activity.

Take a minute a day to bring intent to you. Mindfulness doesn't need to take a lot of effort or time, to be precise, it can take just one whole minute, 60 seconds, 60000 milliseconds!

### Breathing

Become present with the physical activity of breathing.

### Body scan

Check in and bring awareness to the sensations in your body, head to toe.

### Mindful walking

Bring awareness to the sensation of walking, how your feet feel when they connect with the ground, how the muscles in your legs feel when they move.

### Mindful listening

Bring awareness to tuning in to your environment, listen to the sounds around you.

You can read the entire blog here:  
<https://www.mentalhealth.org.uk/blog/what-does-blue-monday-mean-our-mental-health>

**A Very Happy and Healthy  
New Year to you all!  
From  
The Mental Health Team**