

# Blue



- There's no scientific proof for Blue Monday, and some people find the concept unhelpful – apparently it was originally designed by an advertising agency to help sell holidays! However, it can be reassuring to know that other people also find January hard going.
- It's good to talk about our mental health. Not to be overly introspective, but to recognise how we're feeling and to seek support if we need it.
- Sometimes all it takes is a good laugh with friends, getting more fresh air and exercise, or taking time to be creative. Most of us have strategies that help us overcome the blues.
- It can be hard to recognise when we're struggling with life and to admit that we need help - but many of us feel overwhelmed at times and these days there's no stigma in seeking support. Do reach out if you need to.