HOW TO THRIVE THIS BLUE MONDAY.

BLUE MONDAY IS AN ANNUAL DAY THAT IS OFTEN REGARDED AS THE MOST DEPRESSING DAY OF THE YEAR. IT TYPICALLY FALLS ON THE THIRD MONDAY IN JANUARY AND IS ASSOCIATED WITH FEELINGS OF SADNESS, LOW MOTIVATION, AND A LACK OF ENERGY. WE CAN CHOOSE TO USE THIS DAY AS AN OPPPORTUNITY TO HIT PAUSE, IMPROVE SELF CARE AND MENTAL HEALTH. HERE ARE SOME USEFUL TIPS TO HELP YOU THRIVE DURING THIS TIME:

A new beginning
coaching

#YOUARENOTALONE