



## 7 ways to make ~~Blue Monday~~ every day more enjoyable

Blue Monday, the third Monday in January, is often referred to as the most depressing day of the year. As experts in mental health, we're here to tell you that Blue Monday is a myth. While it's true that winter can be tougher than the rest of the year, there's no clinical evidence to support Blue Monday being the most depressing day. In fact, it trivialises depression that many people experience. Here are our tips to make any day, not just Blue Monday, more enjoyable.

1



### Take some time to appreciate the little things

The small moments throughout your day can make all the difference when it comes to enjoying life. And that starts with you. Make a conscious effort to observe and appreciate the small moments throughout your day such as a funny joke or a beautiful sunset. When we take time to notice the beauty in our lives, it can help us appreciate our day even more.

2

### Get outside

One of the best ways to improve your mood is to get some fresh air and vitamin D. Go for a walk, run, bike ride, or just simply bask in some daylight. Allow those distractions to fade away so you can focus on what's present, even if only for a moment.



**3**

### Have a meaningful conversation

Spending time with loved ones is a great way to boost your mood. Reach out to friends and family members with whom you haven't connected. Whether you give them a call, send them a text, or meet up in person, quality time with the people you care about will help chase away the blues.

**4**

### Do something nice for someone

One of the best ways to feel good is to do something nice for someone else. Volunteer your time, donate to a worthy cause, or perform random acts of kindness. Seeing the joy you bring to others will also help put a smile on your face.

**5**

### Get moving

Exercise is a great way to improve your mood. Even if you can't make it to the gym, there are plenty of other ways to get your heart rate up and break a sweat. Taking a dance class, swimming, or taking your dog for a long walk are all great options.

**6**

### Make a plan

One of the best ways to beat the blues is to have something to look forward to. Start planning your next vacation, big project, or fun event. Having something to look forward to will help you get through even the most challenging days.

**7**

### Get creative

Whether it's art, music, baking or writing, make time for a creative activity that will unleash your imagination and help you express yourself. Creative activities have been shown to reduce stress, increase productivity and even boost self-esteem.

The holiday season is officially over, but that doesn't mean the party has to end. In fact, we believe that every day should be an opportunity to enjoy life. With a little effort, you can make every day more enjoyable. Our experts are here to help. Contact your HealthHero or Validium service if you need support.

