

#WomanExpert'sView

Blue Monday

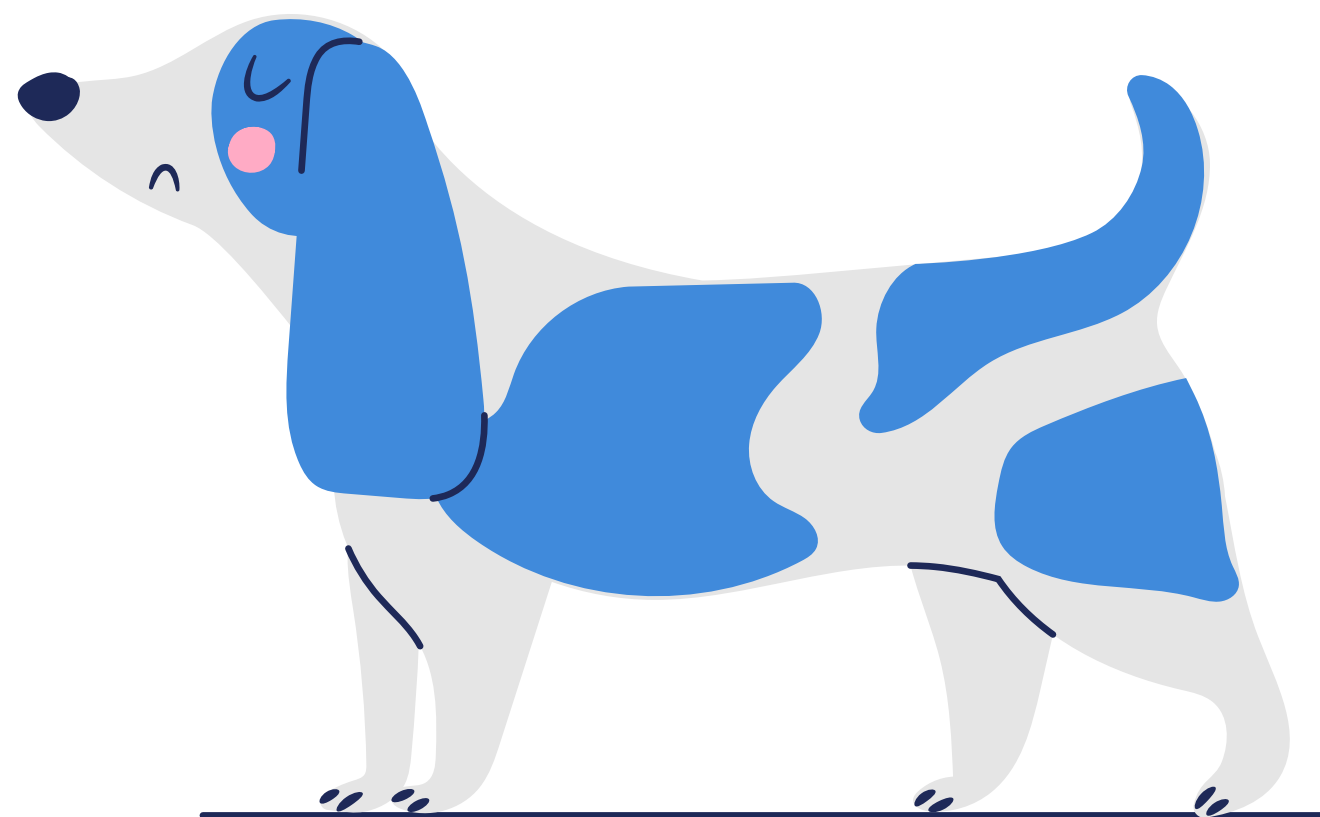
Most depressing day of
the year or the greatest
depression **hoax**?

MARCELA KOŚCIAŃCZUK

Psychologist and psychotherapist

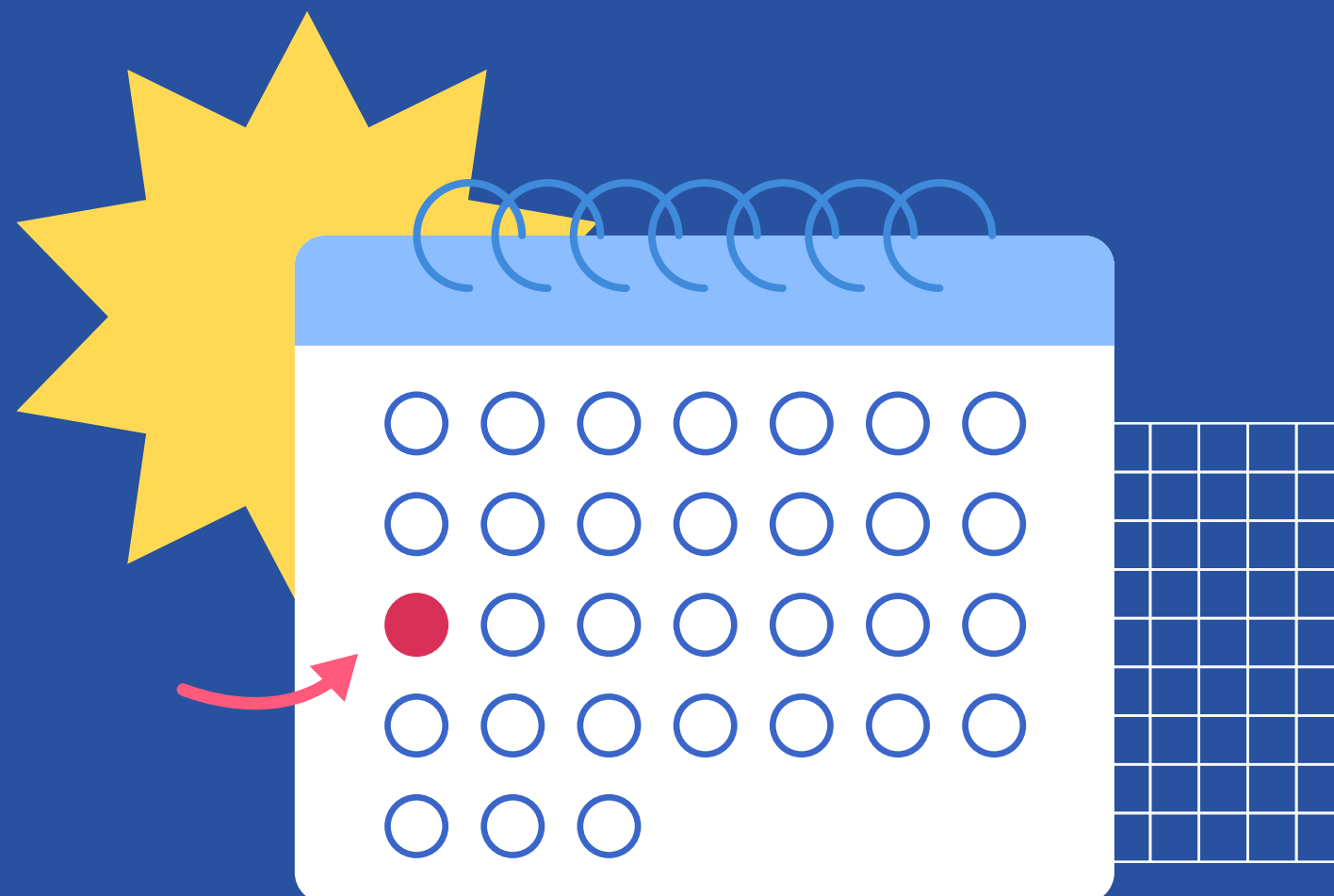


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Blue Monday is, according to the author of the expression, Dr. Cliff Arnall, the most **depressing** day of the year. It falls on the third Monday of January.



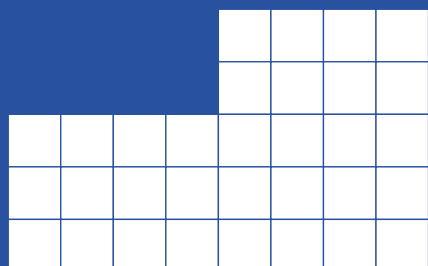
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**Supposedly, our
low mood is due to
insufficient sunlight
and the need to pay
off holiday debts.**

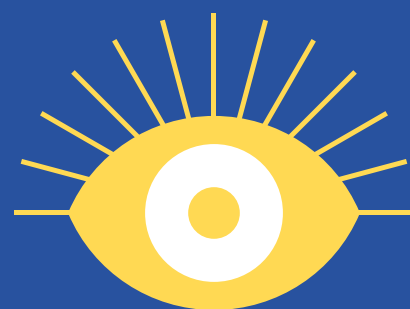


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Dr. Arnall identified the date upon a request from a PR agency but did not use **any** reliable sources to do so.

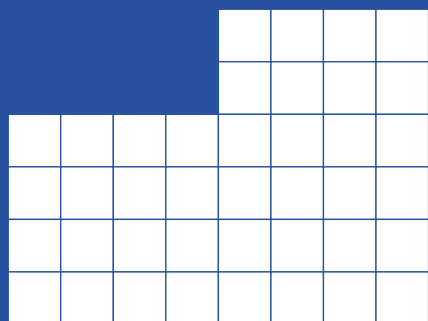


<https://www.theguardian.com/science/blog/2012/jan/16/blue-monday-depressing-day-pseudoscience> [accessed 4.01.2024]

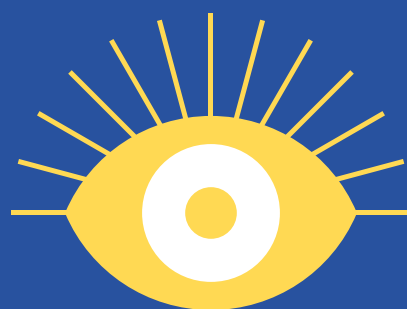


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In 2018 the concept's creator
Dr. Cliff Arnall himself **disproved**
the claim that January is the time
when our mood is the worst.



<https://businessinsider.com.pl/rozwoj-osobisty/zdrowie/blue-monday-co-to-jest-i-dlaczego-najbardziej-depresyjny-dzien-w-roku-nie-istnieje/18weccn> [accessed 4.01.2024]



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Still, Blue Monday might offer a chance for us to stop and think about how we can live to enhance our wellbeing.

Remember, however, that depression is an **illness and something more than a momentary bad mood.**



Learn more!

Depression

If you have been experiencing lack of motivation, feelings of sadness and listlessness, and lack of energy for two or more weeks, it is a sign that you should contact:



a psychiatrist or a psychotherapist.

?

**What can
you do to
enhance
your
wellbeing?**



01

Take care of your body in a way that is the most in line with your values and preferences.

Maybe you need more frequent contact with water or remember feeling different when you went running several times a week?



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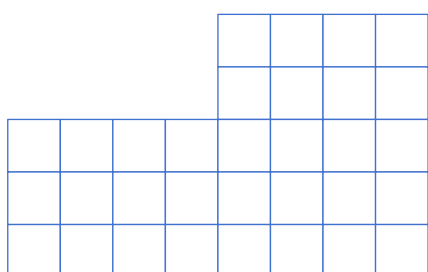
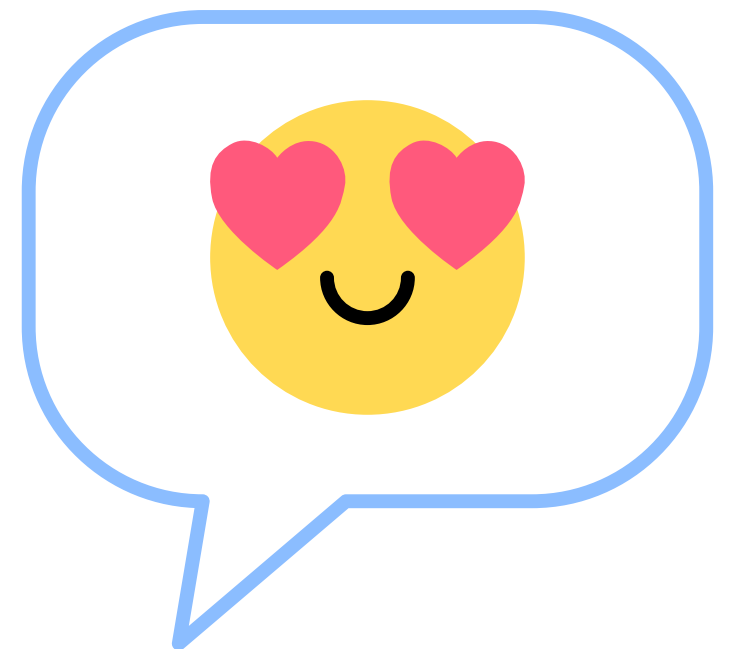
Perhaps your body needs to slow down and rest? Did you know that our nervous system likes gentle transitions between activities and times of day, that is, to slow down and accelerate gradually?



02

Consider what you can do to make your relationships with other people more satisfying.

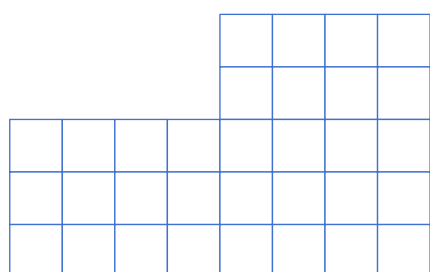
Studies show that meaningful and satisfying relationships are a factor that can shield from depression or cause it to take on a lighter form.



03

**Does your diet reflect who you are?
Maybe you could pay more attention
to what you eat, starting today?**

Make sure you are getting enough **vitamin D** and **tryptophan** (more about this in a second), which positively impact and relieve depressive mood and anxiety.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4393508/>
[accessed 4.01.2024]



Learn more!

Tryptophan

This amino acid is found in many food products, including eggs, meat, fish, and also in pumpkin and sesame seeds and nuts.

You can also add it to your diet via 5-HTP supplements.

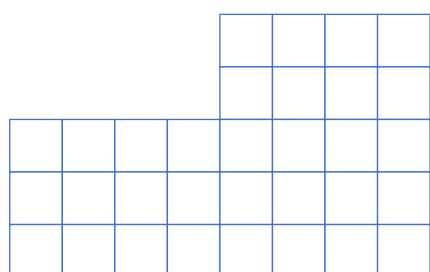


<https://www.healthline.com/health/tryptophan> [accessed 4.01.2024]

<https://www.healthline.com/health/food-nutrition/5-htp-side-effects-dangers> [accessed 4.01.2024]

04

Open yourself to the new, break out of routines in your daily life: it's good for the nervous system!

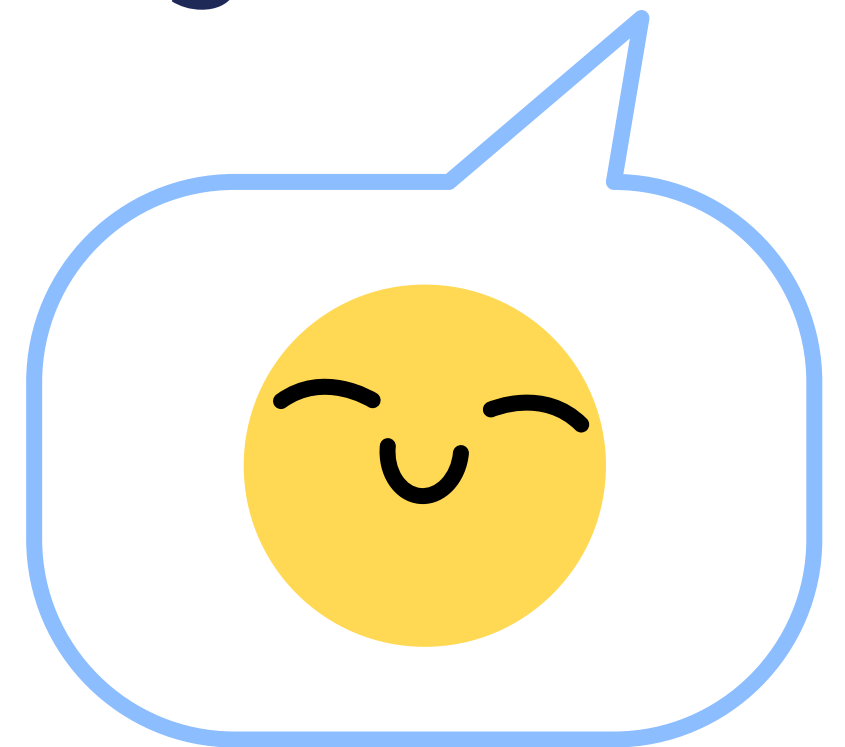


<https://www.webmd.com/depression/features/natural-treatments>
[accessed 4.01.2024]

05

Recognize thoughts that lift you up and those that are harmful. You can choose which type of thinking to reinforce every day.

On a piece of paper, write down your “catastrophic thoughts” in one column, and next to them, their alternatives that present more realistic or optimistic scenarios of your life.



WOMAN EXPERT

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I work in KOS – The Centre of Development,

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I am also a habilitated doctor of cultural and

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