

# BLUE MONDAY STARTER PACK

(a thread)

*Sanctus*

# What is Blue Monday?

Blue Monday is supposedly the most depressing day of the year.

In actual fact it was just a marketing campaign an unscrupulous travel company coined in order to sell more holiday packages.

However, whether the day is real or not, we could all still use some support right now.

Hopefully this short pack will help :)



# BLUE MONDAY TOOL KIT

## DOPAMINE

the reward chemical

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

## OXYTOCIN

the love hormone

- Playing with a dog
- Listen to music
- Do something nice for someone
- Give a compliment

## SEROTONIN

the mood stabilizer

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

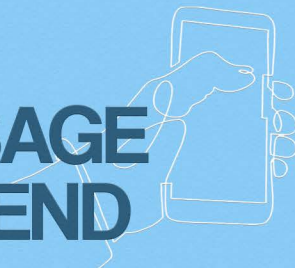
## ENDORPHIN

the pain killer

- Laughter exercise
- Watch a comedy
- Dark chocolate
- Exercising

# 5 SMALL THINGS YOU CAN DO TO SUPPORT YOUR MENTAL HEALTH

1.  
**MESSAGE  
A FRIEND**



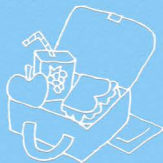
2.  
**GO FOR  
A WALK**



3.  
**DO AN ACTIVITY -  
MEDITATION, YOGA, HIIT, RUN**



4.  
**TAKE A  
FULL  
LUNCH BREAK**



5.  
**WRITE DOWN  
5 THINGS YOU'RE  
GRATEFUL FOR**



“THIS  
TOO,  
SHALL  
PASS”



- EDWARD FITZGERALD

*Journaling prompt*



How can  
you support  
yourself today?



Grab a notepad or open the notes on your phone, and spend five minutes writing out an answer to this question.

# It's okay if. . .

...you're fed up, tired and already  
in need of another break

...you've got no motivation right  
now

...you're angry at someone,  
something or just the world

...you're absolutely done with Zoom

# BLUE MONDAY - YOU'RE NOT ALONE

REMEMBER THAT YOU'RE NEVER ALONE.

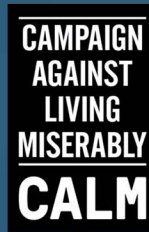
PLEASE TRY REACH OUT IF YOU NEED TO.

HERE ARE A FEW RESOURCES YOU CAN REACH OUT TO:



**Sanctus Directory**

[www.sanctus.io](http://www.sanctus.io)



**Calm Zone**

[www.thecalmzone.net](http://www.thecalmzone.net)



**Samaritans**

[www.samaritans.org.uk](http://www.samaritans.org.uk)

116 123



here for you 24/7

**Shout**

[giveusashout.org](http://giveusashout.org)

Text SHOUT to 85258



**Mind**

[www.mind.org.uk](http://www.mind.org.uk)

03001233393



**YoungMinds**

[youngminds.org.uk](http://youngminds.org.uk)

0808 802 5544