



What makes YOU feel happy?

Feel free to share your happiness on the MHF “Wall of Happiness” – you never know, you may inspire someone else to be happy.

Contact us

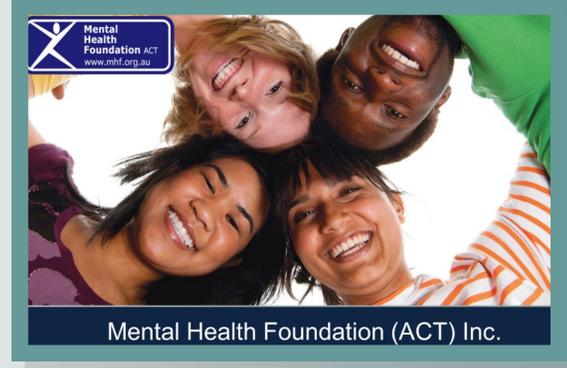
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through the NDIS
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www.mhf.org.au



- ◇ **Creating Hope**
- ◇ **People First**
- ◇ **Better Mental Health**

BLUE MONDAY
2018
15th January



What is “Blue Monday”?

“Blue Monday” was an idea originally conceived in the UK by Cliff Arnall, (of the Flexible Thinking Forum [UK] and formerly of Cardiff University), who created a formula to identify many of the elements contributing to a general feeling of ‘mid-winter blues’.

The formula identified that the third Monday in January is symbolically the most depressing day of the year.

The combination of:

- ◇ domestic grief over unpaid bills;
- ◇ broken New Year Resolutions;
- ◇ the extreme and often debilitating heat that we have in Australia
- ◇ the loneliness felt when so many family and friends are away on holidays;
- ◇ awareness of the new school year approaching and the expenses that brings;
- ◇ subsequent low motivation levels while feeling a need to take action,

all contribute to the Blue Monday feeling.

While the formula identified the issue, it also inspired the idea of Blue Monday.

With this in mind, MHF has decided to help overcome Blue Monday by turning it into a day of “Binge Happiness” and building a

“Wall of Happiness”

At each of our operating sites (including the Chifley office).

A special web site is available in the UK, www.beatbluemonday.org.uk to offer practical advice to tackle the effects of Blue Monday. This may be useful to use with people feeling the ‘pinch’ of Blue Monday to help them feel happier.



MHF—Wall of Happiness



Blue Monday ‘5 Step ‘Binge Happiness Work Out’

- Step 1.....write down four things over the last week which make you feel grateful. Then write and recapture how you felt about one of the best experiences or thing to happen to you in your life.
- Step 2.....write about something good you have done for someone else.
- Step 3.....write a short email or letter to someone who you like or care for. Why not tell them how good they are and why they are important to you?
- Step 4.....make a list of your favourite places you have visited, or places you would like to go. Really imagine you are there.
- Step 5.....write about your future where everything has gone as well as you have hoped. Also, think about the present, and make a note of four things that went really well for you during the last week.



10 THINGS YOU CAN DO TO BEAT BLUE MONDAY

...Try something new

Be creative, or learn something new to get your brain active and start thinking of new things instead of dwelling on the old.

...Get physical

By changing your physical state, from a simple shoulder-shake at your desk to a full workout at the gym, you can change the way you feel.

...Contact a friend or relative

Get in touch with someone you have not heard from in a while; thinking of someone else takes your mind off you.

...Take a break

Go somewhere different, whether it’s a coffee bar you have never been into, or a faraway luxury holiday; by changing your physical location, you change your perspective on the world.

...Be nice to a stranger

Do a random act of kindness; doing good for others is the best form of self-satisfaction (*the karma army*).

...Help the planet

Be a good ancestor in some way; the planet will be here long after you are gone.

...Pamper yourself

From a small indulgence to a luxury you have been promising yourself.

...Plan something new

Whether it’s planning a holiday for later in the year or deciding what to do at the weekend, looking forward to something new or different can be uplifting and refreshing.

...Share your thoughts

A problem shared is a problem halved.