

# Winter's frosty temps got you feeling down?

About 2-3% of Canadians suffer from **Seasonal Affective Disorder (SAD)**  
Another 15 % of Canadians suffer from the "**winter blues**"—low mood, lack of motivation, and low energy (CMHA, 2013)!

The 3rd Monday of January, known as "**Blue Monday**", continues to be debated as one of the "gloomiest" days of the year.

## The Blue Monday Challenge

### January 20, 2014

#### What you can do:

1. Plan/Create a "blue" activity for you, your family, school, group, organization or business. Make a change; do something to feel less blue; do something nice for you or someone else.
2. Openly talk about mental health problems and illness, towards acceptance and understanding—reduce STIGMA.
3. Post your plan (brief description) and pictures of your activity on our Facebook page—"Blue Monday Challenge", so we can hear and share what you are doing. There may be surprise recognition/prizes for your involvement!!

#### BLUE ACTIVITY IDEAS: Feeling Blue? What can you do?

- wear blue clothes/costume or dye your hair blue
- plan a blue tea party or a blue bake sale
- shovel a friends driveway or take them for coffee
- make a mural of blue sticky notes that describe acts of kindness or ways to feel less blue
- plan a blue art project or a blue art show
- spray paint the snow in your back yard blue
- host a feel good movie viewing with blue popcorn
- plan a blue treasure hunt or blue games
- bake a blue cake for your neighbor

**\*One small act can make someone's day less BLUE!**

For More Info Call: Tess at 204-578-2486 or Tracy at 204-578-2450

Prairie Mountain Health, Mental Health Promotion