

2026 JANUARY

INTERFAITH INSIDER NEWSLETTER

Blue Monday : Understanding & Caring for Your Mental Wellbeing

When Is Blue Monday?

Blue Monday 2026 falls on **January 19**, the third Monday of January. It is often referred to as the *"saddest day of the year"* a label that may not be scientifically proven, but one that resonates with many people's real experiences during winter.



Mental health professionals note that winter can increase symptoms of:

- Seasonal Affective Disorder (SAD)
- anxiety
- burnout
- loneliness
- Depression

Why Blue Monday Matters

While there is no clinical evidence proving one day is the "most depressing," the emotions associated with this time of year are very real.

Blue Monday now serves as a global moment of awareness, encouraging open conversations about emotional wellbeing, reducing stigma, and reminding us to check in with ourselves and with one another.

What Is Blue Monday?

Blue Monday describes a period when many people feel emotionally low, unmotivated, and overwhelmed.

Originally created as a marketing concept, Blue Monday has evolved into a powerful reminder of how seasonal factors affect our mental health, especially in countries like Canada where winter is long and demanding.

The Psychological Impact of the January Blues

According to mental health experts, constantly hearing that a certain day is "the worst" can influence how people feel.

"When individuals believe they have already failed at their New Year's goals, the emotional pressure combined with the idea of Blue Monday can become a self-fulfilling cycle of stress and discouragement."

That's why this time of year requires extra compassion, understanding, and self-care.

Blue Monday Survival Guide

Feeling blue? You are not alone and there are many practical, gentle ways to support your mental health.

Practice Self-Compassion

If productivity is low:

- Remember that difficult seasons pass
- Release unrealistic expectations
- Allow yourself to rest

Being kind to yourself is not weakness, it is resilience !!



Set Gentle, Achievable Goals

Instead of overwhelming resolutions, focus on small wins:

- Make your bed
- Finish one task
- Drink enough water
- Step outside for fresh air

Progress builds confidence and motivation.

Need Support? You're not alone.

Student Development &
Counselling
(403.284.7023)

www.sait.ca/student-life

Strengthen Your Daily Habits

Small lifestyle changes can make a powerful difference:

- Sleep well – Consistent, restful sleep.
- Eat nourishing meals
- Stay active – Exercise increases serotonin and endorphins.
- Create a simple budget – Improves mental balance.
- Build structure – Daily routine restores a sense of control.

Stay Connected

Isolation worsens emotional strain.

- Call or message a friend
- Spend time with family
- Talk openly about how you're feeling
- Seek professional support when needed

Connection is the strongest protectors of mental health.

Important Dates This Month

1 Jan	Shogatsu / Gantan - sai - Shinto
3 Jan	Feast of the Holy Name of Jesus - Orthodox Christian
	Mahayana - Buddhism
6 Jan	Epiphany - Christian
	Theophany - Orthodox Christian
	Guru Gobind Singh birthday - Sikh
7 Jan	Feast of the Nativity - Orthodox Christian
13 Jan	Maghi - Sikh
	Lohri - Hindu
14 Jan	Makar Sankranti - Hindu
16 Jan	Laylat al-Miraj - Islam
18 - 25 Jan	Week of Prayer for Christian Unity
27 Jan	Holocaust Remembrance Day

Interfaith Interface Discussion

January 9th

The Blessing of the
Animals

January 16th

Lohri Winter
Celebration

January 30th

Christian week
of prayer

January 23th

Shinto - Japanese New
Year (Shogatsu)

Fridays at 12:00 - 12:45 pm Stan Grad Building MB305

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