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TheBlueMondayformula is a psychosocial framework developed by Cardiff University psychologist Cliff Arnall in 2005 [14][15] to identify and explain a confluence of factors contributing to low mood and psychological distress typically observed in mid to late January Jan 20 2025 Landing in January BlueMondayis the unofficial holiday recognizes the post holiday slump that often leaves people feeling down 6 days ago Blue Mondayis a term used to describe whats often called the saddest day of the year

It usually falls on the thirdMondayof January and is associated with low mood lack of motivation and post holiday blues Jan 20 2025 We tell you everything about this unfortunate BlueMonday why it s named that and what s behind this intriguing date Jan 14 2025 BlueMondayhas been called the most depressing day of the year

Learn the origin and history of this cultural phenomenon plus self care strategies 5 days ago Discover ways to combat sadness and refocus your energy onBlueMonday

Learn tips for setting achievable resolutions practicing self care and more Jan 11 2025 Blue Monday started as a catchy phrase but its become a symbol for thatmid winter slumpwhen motivation feels as flat as week old champagne

The term describes a wave of seasonal sadness tied to emotional burnout the winter blues and the general weight of Januaries grey skies.

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