

Tips to support yourself through the winter blues

Often called the 'saddest day of the year,' the science behind Blue Monday is debated. However, it's a reminder that many people feel the weight of winter, financial stress, or loneliness around this time.

In a Canadian Social Survey, more than 1 in 10 people reported feeling lonely always or often, and it can have serious impacts on our mental health. The good news? There are steps we can take to feel more connected and supported.

Tip #1: Try creating a space in your home that feels like a safe, comforting retreat. Fill it with things that bring you joy—like cozy blankets, favorite books, or soothing music. This space can help you reset on tough days and remind you that self-care is a priority.

Tip #2: Try to get outside during daylight hours, even if it's just for a few minutes. If you're finding the winter days particularly tough, consider using a SAD lamp—designed to mimic sunlight and help with Seasonal Affective Disorder. Always consult a healthcare professional to see if light therapy is right for you.

Tip #3: Not able to leave the house? Online communities can be a lifeline. Try joining virtual book clubs, forums, or gaming groups where you can connect with people just like you.

There are even YouTube channels for 'body doubling,' where someone livestreams themselves studying, working, or tidying up, so you can do the same alongside them.

Simple acts like commenting on TikTok videos, joining live streams, or engaging in discussions—can help you feel less alone. Just be mindful of your screen time and take breaks to avoid falling into an unhealthy cycle.

Tip #4: Creative activities like painting, journaling, or learning to play an instrument can help you process emotions and feel connected to yourself. If you're looking for something more active, try exploring online yoga or fitness classes—some platforms even offer live sessions where you can interact with instructors and participants.

Tip #5: Reach out! Sometimes loneliness requires more than self-care. CMHA branches across Ontario provide a variety of programs tailored to different needs, including peer support groups for seniors, student mental health resources, and community workshops.

Remember, if you're in crisis, [call or text 9-8-8 for judgement-free support. 24/7.](#)