



## 2022 Here We Are.....

### HR News

#### Christmas is over for another year!!!

You will have some employees who are happy it's over and done with and some that wish this season could continue for longer. So let's talk about what some say is the most depressing day of the year.....

Blue Monday takes place on the third Monday in January. In 2022, Blue Monday will fall on Monday 17th January 2022 and is often considered to be the most depressing day of the year. Introduced in 2004, the campaign behind the awareness day claim that the combination of bad weather, post-Christmas debt and failed New Year's resolutions all contribute to Blue Monday being the most depressing day of the year.

For some, Blue Monday is considered a pseudoscience. However, for many people across the globe, Blue Monday is a very real phenomenon and has a significant impact on their wellbeing. Regardless, it's a great opportunity for individuals to discuss and support each other with their overall emotional and physical health during the difficult winter months.

It is a good time to check in with your staff and ask how they are feeling, but also remember do this throughout the year to really see the benefit.

## 2022

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*Winner*

**JOANNE**

*Little*

**CONGRATULATION'S TO JOANNE**  
For winning our Christmas giveaway.

**Keep a look out next giveaway coming soon!!**

