

# Navigating the January Blues

By Orлана Bourgoïn, Workplace Mental Wellness Practitioner



Hey KHSC Team,

As the holiday festivities fade and the chill of January settles in, many of us experience what is often referred to as the “January Blues.” It’s a natural shift—life slows down, the days are shorter, and the celebratory energy of December gives way to quieter, colder weeks. Understanding and addressing these feelings can help us move through this period with grace and intention.

## What are the “January Blues”?

The January Blues describe a mix of low energy and mood that often follow the excitement of the holidays. While for some, this may simply be a seasonal slump, for others, it might hint at something deeper, like Seasonal Affective Disorder (SAD)—a form of depression tied to seasonal changes.

Recognizing these feelings, whether they are temporary or persistent, is the first step toward creating a proactive plan for mental well-being. It’s comforting to know that these emotions are widely shared, reminding us that we’re not alone in this experience.

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*“January is the month when everyone goes into hibernation mode – and life becomes a never-ending cycle of work – sleep – and repeat” – Unknown*

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## Small changes, big impacts: Simple strategies to brighten your January.

- 1. Balance social engagement.** Post-holiday social fatigue is real! Take time to find a balance between connecting with others and recharging on your own.
- 2. Soak up the sunlight.** Natural light can work wonders for lifting your mood. Open the curtains, spend time outdoors, or explore light therapy if you struggle with winter darkness.
- 3. Cut back on social media.** Social media can help us stay connected, but seeing everyone’s holiday posts might make us feel pressured to share our own or compare our experiences to theirs. Taking a break from social media can help you focus on meaningful connections with others and avoid unhealthy comparisons.
- 4. Plan activities to look forward to.** Schedule simple joys—whether that’s a walk in your favourite park, a solo coffee shop visit, or a movie night with friends. Having something to look forward to can lighten the mental load.
- 5. Embrace low moods as part of life.** It’s okay to feel low sometimes. Embrace this season as a time for rest and reflection, building habits that support long-term well-being.

### Contact Information

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For more ideas and information on January Blue, check out the [Mindful Moments Tip sheet](#) here.

## Caring for ourselves and others

It's important to notice the signs of feeling down in yourself or others. Changes like difficulty sleeping, low energy, losing interest in activities, or becoming more irritable may be signals to seek help. Small actions, such as listening with empathy or encouraging someone to seek support, can make a big difference.

At KHSC, we're here to help with supports and resources like gym access, nutrition programs, discounted massage therapy, LifeSpeak, Occupational Health Nurses, and the Employee and Family Assistance Program (EFAP). You can find more details on these supports by visiting the [KHSC Staff Wellness](#) webpage.

Remember, the challenges of this season won't last forever. By taking small, positive steps, brighter and warmer days are on the way. Let's support each other, practice mindfulness, and embrace January as a chance to grow and start fresh.

## Join the conversation!

As we continue to prioritize mental wellness at KHSC, we'd love to hear from you!

I'm genuinely eager to hear your thoughts and insights. Please take a moment to respond to these questions by [clicking here](#) or scan the QR Code below to join our collective effort:

- 1. What strategies have you found most helpful in overcoming the January Blues, and how do you incorporate them into your daily routine?**
- 2. If you could create one new habit or activity this January to boost your mood and well-being, what would it be and why?**



Let's work together to create a positive and uplifting work environment at KHSC! Share your stories of support, kindness, and memorable moments that brighten your day—whether it's a colleague's thoughtful gesture or an unexpected act of kindness from a stranger. [Click here](#) to share your experiences and spread the positivity.

Get ready to kick-start your day with daily mental wellness inspiration! Enjoy *Daily Actions for Happiness*, weekly shout-outs to your amazing colleagues, empowering quotes, and engaging discussions that keep the positive vibes going. Let's celebrate every win, big or small, because it's the little things that often make the biggest difference.

Find your daily dose of inspiration on [KHSC Now Staff Central](#) and discover more tips, resources, and uplifting content on Mindful Moments. Together, let's make every day a little brighter!

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