

Hello everyone

it's Katherine and I'm back with
another video for the new year
um today I want to talk about mental health
and those January blues.

So, the question of today is how are you
really how are you feeling right now?

If you live in the UK like I do you know
you'll know that we are in our third lockdown
which is very hard on everyone's
mental health um even mine

you know I work from home anyway, but
these lockdowns have really impacted
me as well. So, you know I can't go outside
um on my usual little walks and stuff
so that's really impacting my mental health
at the moment. So, if you've been following me
for a while you'll know that January is
a particularly difficult month
for me and my mental health.

January is my illness anniversary this year is six years

Um with living with a chronic illness um
every year it just seems to get
more and more difficult. It's not an
anniversary that I

particularly want to celebrate but I do
acknowledge it every single year.

I do find that January is just one of
those months where

it is very cold and there's not much
going on so, it can be a bit

boring and because of that you are alone
with your thoughts quite a lot
especially this year as I am in lockdown and
um there's not already a lot going on.
So, I just want to share a few tips
on how I manage my um
seasonal depression um and manage my
January blues um because I know that January
is going to be very difficult for me
with regards to my mental health
I actually make a plan for that.
So, I work on a reduced schedule
um I don't make any big decisions
I don't plan any big meetings I don't
take any meetings
um and I find that really really helps me
with my sort of day to tasks if I'm not
having to do anything that's super important.
um I also like to try something new in January
so, this year I've signed up for
a creative writing course
and that just takes my mind off things
because I'm doing something
new um doing something that I enjoy
and I find that really really helps me
with my mental health.
So, if you are struggling with your
mental health right now um Mind
the UK mental health charity has
a lot of resources on there um they have
a lot of um lockdown specific resources as well

so, make sure you check those out
um let me know how you are
in the comments um drop me a dm
if you want to chat um whatever you're
doing today I hope it's a good one for you
bye!