

Good mental and physical health is fundamental to general wellbeing and the council acknowledges the benefits of supporting employees achieve healthy working lives in maintaining high levels of morale and productivity in the workplace.

Blue Monday – 19 January 2026

Often described as the “saddest day of the year.” After the holidays, many people can experience a dip – financially, emotionally, and physically. Cold weather, shorter daylight hours, and pressure to stick to resolutions can all contribute. This can be a useful prompt to check in with yourself and others, acknowledging that emotional lows deserve attention. It opens the door for meaningful support and reminds us to ask, listen, and act with empathy.

If you're feeling low on Blue Monday – or any day. Here are some small but meaningful ways to support your mental wellbeing:

- **Connect with someone:** Talk to a friend, family member, or mental health professional. Just sharing how you feel can bring relief.
- **Move your body:** Gentle exercise, even a short walk, can lift your mood by increasing serotonin and endorphins.
- **Limit negative input:** Be mindful of your media intake. Take breaks from news cycles or social media if they heighten stress.
- **Create structure:** Set a small, achievable goal for the day. Completing it can offer a sense of control and progress.
- **Be kind to yourself:** If motivation is low, try to find appropriate time to rest and don't push yourself too hard

More importantly, reach out if you're struggling.

Our Employee Assistance Programme delivered by Health Assured can offer a range of supports, which are also available to partners and dependants between the age of 16 – 24. Health Assured can be contacted by calling **0800 028 0199** or by downloading the Wisdom app. Further information can be found here - [Occupational Health Forms - West Lothian Council](#)

A full list of our internal and external mental wellbeing supports can be found here – [Mental Wellbeing - West Lothian Council](#)