BLUE MONDAY: WHAT IS IT AND DOES IT EXIST?

Lesson Plan created by Deidre Lake, Communication4Integration Inc.
Monthly Lesson Plan At-A-Glance

Introduction

In this lesson, you will improve your English while discussing Blue Monday and whether or not it exists.

CANADIAN LANGUAGE BENCHMARK SELECTED COMPETENCIES

LISTENING COMPETENCY OUTCOMES:
• Comprehend main ideas and supporting details
• Understand factual details and some implied meanings in extended narration
• Infer meaning of expressions used based on the context

READING COMPETENCY OUTCOMES:
• Understand main ideas and supporting details from a one page authentic text
• Infer meaning from context
• Identify factual details in a text

SPEAKING COMPETENCY OUTCOMES:
• Engage in discussion questions with colleagues or others
• Be able to summarize audio and video-mediated information using appropriate vocabulary and a variety of structures

WRITING COMPETENCY OUTCOMES
• Take simple notes from reference materials and audio or video-mediated material in order to respond to questions

LANGUAGE ACTIVITIES /TABLE OF CONTENTS

Pre-Listening/Warm Up (Page 2)
• Discuss Monday mornings, Blue Monday, and feeling blue

Vocabulary from feature audio (Page 2)
• Increase understanding of relevant vocabulary and expressions used in the feature audio

Feature Audio: How to Beat Blue Monday (Page 3-4)
• Identify specific details from an audio-mediated interview (6.5 minutes in length)
• Respond to questions and take part in discussion on ‘Blue Monday’

Reading Article 1: Blue Monday is (still) just a PR gimmick, actual science shows (Page 5-7)
• Read background article to identify main points and to respond to questions

Reading Article 1 Vocabulary (Pages 9)
• Review definitions of underlined words and expressions in the article

Reading Article 1 Comprehension Questions (Pages 10)
• Respond to questions and take part in discussion on ‘Blue Monday’

Reading Article 2: Learn About Depression (Page 11-13)
• Read background article to identify main points and to respond to questions

Reading Article 2 Comprehension Questions (Pages 14-15)
• Respond to questions and take part in discussion on depression

Language Focus: Phrasal Verbs (Pages 16-17)
• Phrasal verbs with the word cut
• Phrasal verbs with the verb take

Transcript of interview (Pages 18-20)

Answer Key (Pages 21-23)

SUGGESTED ASSIGNMENTS

1. Find out about support services in your area for people who may be suffering from depression or contemplating suicide.
2. Tell a friend or colleague what you’ve learned about Blue Monday or depression in 3-4 minutes.
3. Research a specific mental illness and present it to your colleagues in 5 minutes.
PRE-LISTENING/WARM UP

Do you like Monday mornings? Why or why not? What is your favourite day of the week? Why? Have you heard about Blue Monday? Do you know what it means to feel blue?

VOCABULARY FROM FEATURE AUDIO

<table>
<thead>
<tr>
<th>#</th>
<th>WORD/EXPRESSİON</th>
<th>DEFINITION</th>
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</thead>
<tbody>
<tr>
<td>9</td>
<td>resolution</td>
<td>1. obtain from (a number) another that contains the first number a specified number of times (2x4=8)</td>
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<td></td>
<td>multiply</td>
<td>2. to give someone a break; to allow someone a reprieve from the consequences of an action</td>
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<td></td>
<td>dispute</td>
<td>3. depression associated with late autumn and winter and thought to be caused by a lack of light</td>
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<td></td>
<td>pond</td>
<td>4. to attract someone to notice or focus on someone or something</td>
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<td></td>
<td>cloudy</td>
<td>5. to decrease the effect of something, particularly something unpleasant</td>
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<td></td>
<td>Seasonal Affective Disorder</td>
<td>6. make (something) seem less important, significant, or complex than it really is</td>
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<td></td>
<td>depression</td>
<td>7. to be confused or messed up</td>
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<td></td>
<td>anxiety</td>
<td>8. in an open, honest, and direct manner; used to emphasize the truth of a statement, however shocking it may be</td>
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<td></td>
<td>a letdown</td>
<td>9. a firm decision to do or not to do something</td>
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<td></td>
<td>cut someone a break</td>
<td>10. (of an unwanted and negative characteristic or fact) occur or develop gradually and almost imperceptibly</td>
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<td></td>
<td>treat yourself</td>
<td>11. a disappointment or a feeling of disappointment</td>
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<td></td>
<td>take the edge off</td>
<td>12. to assume control of something, especially by force; (of a feeling) absorb all of the attention and energy of (someone)</td>
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<td></td>
<td>be mixed up</td>
<td>13. feelings of severe despondency and dejection</td>
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<td></td>
<td>myth</td>
<td>14. experience or be subjected to (something bad or unpleasant)</td>
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<td></td>
<td>pseudo</td>
<td>15. a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome</td>
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<td></td>
<td>algorithm</td>
<td>16. extreme anxiety, sorrow, or pain</td>
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<td></td>
<td>frankly</td>
<td>17. the action of killing oneself intentionally</td>
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<td></td>
<td>draw someone’s attention to something</td>
<td>18. to do something special for yourself e.g. an event or item that is out of the ordinary and gives great pleasure</td>
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<td></td>
<td>trivialize</td>
<td>19. argue about (something); discuss heatedly</td>
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<td></td>
<td>creep in</td>
<td>20. (of the sky or weather) covered with or characterized by clouds; unclear</td>
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<td></td>
<td>to take over</td>
<td>21. a process or set of rules to be followed in calculations or other problem-solving operations, especially by a computer</td>
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<td></td>
<td>to suffer</td>
<td>22. not genuine; sham</td>
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<td></td>
<td>distress</td>
<td>23. a widely held but false belief or idea</td>
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<tr>
<td></td>
<td>suicide</td>
<td>24. a small body of still water formed naturally or by hollowing or embanking</td>
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FEATURE AUDIO: HOW TO BEAT BLUE MONDAY

For the believers of Blue Monday, how to cope. And for the skeptics whether it’s just a myth.

In this audio clip you will hear Mark from CBC Edmonton AM, speaking with Dr. Ganz Ferrance and Mara Grunau.

Source: http://www.cbc.ca/player/play/2682184286

FEATURE AUDIO COMPREHENSION QUESTIONS

1. In general, what is Blue Monday?

2. When month does Blue Monday occur in?

3. Where did the term Blue Monday come from?

4. List 3 tips that Ganz Ferrance suggests for coping with this time of year.

5. List 3 tips that Ganz Ferrance suggests for getting through the day, Blue Monday.

6. What does Ganz Ferrance do for a living?

7. What does Mara Grunau do for a living?
8. What does Mara Grunau not want people to trivialize?

9. What does she say about the winter blues or winter blahs?

10. How does she describe depression?

11. What does she say about suicide rates in January?

12. What does she say is insensitive?

13. What does she suggest people do if they think they may be depressed or know someone that is depressed?

14. What does she say to do if you’re concerned about someone at risk for suicide?

**DISCUSSION QUESTIONS**

1. What were the points the two speakers agreed upon?

2. Did they have any differences in opinion? For example did they think that Blue Monday was real or a myth?

3. After listening to this interview, do you think Blue Monday is real or a myth?

4. Have you ever experienced the winter blahs? If yes, what helps you to get through the winter?
Feeling a bit down today? Don’t blame the date — blame the date’s tendency of bringing up a tired, old and long-debunked theory about “the most depressing day of the year.”

Hundreds of international media outlets have referred to the third Monday of January as “Blue Monday” since 2005, when a British travel agency issued a press release declaring it so.

That release, issued by the now defunct Sky Travel holiday company, cited a pseudo-mathematical formula commissioned from a U.K. psychologist as proof that such factors as weather, debt levels and failed New Year’s resolutions made this the most depressing time of the year.

British scientists started coming out against the “research” almost immediately, prompting Cardiff University to eventually issue a statement distancing itself from the “Cardiff University psychologist” who’d developed the formula.

“Cardiff University has asked us to point out that Dr. Cliff Arnall, mentioned in the article below, was a former part-time tutor at the university but left in February,” reads a correction at the top of a 2006 piece from the Guardian’s Bad Science column.

Arnall went on to promote a similar formula for the “happiest day of the year” as part of a paid gig for an ice cream company’s marketing campaign, and was billing himself as a “freelance happiness guru” in 2010 when he admitted to the Telegraph that his Blue Monday theory was “not particularly helpful.”

“I was originally asked to come up with what I thought was the best day to book a summer holiday,” he said at the time. “But when I started thinking about the motives for booking a holiday ... there were these factors that pointed to the third Monday in January as being particularly depressing,” he said.

“But it is not particularly helpful to put that out there and say ‘there you are’,” he noted. “It is almost a self-fulfilling prophecy that it is the most depressing day.”

Indeed, it can be hard not to feel a bit glum when you’ve got every other news outlet, Facebook post and co-worker reminding you that January sucks.

And in fact, there is some truth to the claim that a lack of sunlight is linked to sadness.
But stories about Blue Monday lacking credibility have become nearly as common as junkweb listicles about “how to beat Blue Monday” in recent years, and yet we continue to see more content focused on this “most depressing day” pop up every January.

It’s puzzling to many in science and journalism that the myth persists despite thorough evidence debunking it — not to mention additional, more recent layers of criticism over how Blue Monday’s treatment makes light of mental illness, which can occur any time.

Why is Blue Monday still a thing?

One might presume that money has something to do with the theory’s continuing popularity online, based on the number of promotions, campaigns and sponsored content pieces created for Blue Monday 2016.

Some companies stick with tweeting hip GIFs and pictures of baby animals to cheer up their followers on Blue Monday without pushing any particular deals.

This, while annoying to some, is relatively chill in terms of #BrandsOnTwitter.

Others promote special offers geared towards helping consumers “Beat the Blue Monday blues,” as Ottawa’s Metro newspaper describes the Blue Monday deal this year at Cineplex movie theatres.

Some businesses have gone even further in promotions this year.

Toronto-based personal loans firm Borrowell commissioned its own Blue Monday survey “to understand how Canadians feel” about their credit card debt, and the Canadian marketing director for coupon purveyor Ebates wrote this promotion-loaded column about “how to perk up” Blue Monday for the Huffington Post.

A bus company in Scotland is promoting its own “super” bus driver for Blue Monday, as well as offering customers a buy-one-get-one deal.

“With Monday (Jan 18th) widely recognized as the most depressing day of the year (Blue Monday), a bus driver in Aberdeen is helping to bring back the smiles to customer faces by donning fancy dress to help them get from A to B,” reads a release on First Aberdeen’s website.

“The campaign aims to reward regular passengers during January and also inspire people who currently don’t travel by bus to consider making it one of their resolutions in 2016.”

Here are five tips for perking up this Blue Monday:

1. **Stay on track!** It’s easy to get sidetracked from your New Years resolutions, especially if they’re fitness related. For the working professional who can’t seem to maintain motivation, try sticking to a schedule and signing up for exercise classes you actually enjoy! ClassPass is one example of a great way to stay motivated. You can go with friends and choose from an exciting list of classes -- the best part is, once you’re within 12 hours of the class you can’t cancel and get a refund, making this a sure way to stay on track! If you’re more of a homebody, there are a variety of at home workout apps you can download on your phone. My personal favourites include the Sweat by Kayla app and the Nike Training Club app.

2. **Host a potluck.** Just because the holiday season is over doesn’t mean the parties have to end! Invite your closest friends for a themed potluck party. You can choose a spa night theme, an awards show night, or you can just keep it simple and enjoy catching up with friends over wine and cheese. All these options can be done inexpensively, which is especially important if you’re in financial recovery mode from the holidays!

3. **Embrace the staycation!** Instead of the expense of a five-star, week-long, all-inclusive resort, book a January weekend getaway to a fun destination nearby. Look for great online deals where you can earn rewards and cash back. Check out Groupon Getaways for bundle deals that are popular this time of the year; go through Ebates.ca to book getaways on Bookings.com or Hotels.com, where you can accumulate points and cash back when you book a stay. Whether it’s breakfast included or a free spa service, there are great deals available.

4. **Make a small gesture.** It’s really the small things that really help perk us up over the dreary cold winter months, and all it takes is a minimal effort. When the outside is grey, you need to create your own sunshine! Do a random act of kindness like paying for someone else’s coffee order to help brighten their day! A simple, small gesture and even a smile can go along way during the dreary winter months.

5. **Indulge in budget-friendly retail therapy.** Whether you’re hoping to purchase a few cozy winter items or perhaps a new fitness outfit to keep you motivated this year, now’s the time to get great end-of-season deals. Shop online with stores like Sport Chek Canada, Joe Fresh, and Hudson’s Bay for some great deals and styles, while earning cash back.

Source: [http://www.huffingtonpost.ca/sari-friedman/perk-up-this-blue-monday_b_8978514.html](http://www.huffingtonpost.ca/sari-friedman/perk-up-this-blue-monday_b_8978514.html)
Buying a tropical vacation from one of the many travel agencies promoting Blue Monday deals might not be the best way to alleviate any debt woes, but there is some truth to the claim that a lack of sunlight is linked to sadness.

Seasonal affective disorder (SAD), which is real, is also known as the winter blues and affects some 10 per cent of all Canadians in mild forms, according to the Canadian Mental Health Association.

Major depressive disorder (often referred to simply as depression), on the other hand, is different from the blues, and doctors don’t treat it with cheap movie tickets, coupons or transportation deals.

“Depression, also known as clinical or major depression, is a mood disorder that will affect one in eight Canadians at some point in their lives,” reads CMHA’s B.C. website. “It changes the way people feel, leaving them with mental and physical symptoms for long periods of time.”

“One of the most important things to remember about depression is that people who have it can’t just ‘snap out of it’ or make it go away,” the health resource continues.

“It’s a real illness, and the leading cause of suicide.”

Seasonal Affective Disorder:

Weather often affects people’s moods. Sunlight breaking through clouds can lift our spirits, while a dull, rainy day may make us feel a little gloomy. While noticeable, these shifts in mood generally do not affect our ability to cope with daily life. Some people, however, are vulnerable to a type of depression that follows a seasonal pattern. For them, the shortening days of late autumn are the beginning of a type of clinical depression that can last until spring. This condition is called “Seasonal Affective Disorder,” or SAD

(Source: https://www.cmha.ca/mental-health/understanding-mental-illness/mood-disorders/seasonal-affective-disorder/)
**VOCABULARY FOR READING ARTICLE 1**

Below please find the meanings for the words underlined throughout the article. Look up the meanings for the words you underlined while reading.

<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
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<tbody>
<tr>
<td>tendency</td>
<td>an inclination toward a particular characteristic or type of behavior</td>
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<tr>
<td>debunked</td>
<td>expose the falseness or hollowness of (a myth, idea, or belief)</td>
</tr>
<tr>
<td>outlets</td>
<td>a means of expressing one’s talents, energy, or emotions</td>
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<tr>
<td>defunct</td>
<td>no longer existing or functioning</td>
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<tr>
<td>pseudo-mathematic formula</td>
<td>psuedo: not genuine; sham. Pseudomathematics is a form of mathematics-like activity that does not work within the framework, definitions, rules, or rigor of formal mathematical models.</td>
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<tr>
<td>gig</td>
<td>Gig is slang for any job. It derived from the music industry to describe a playing engagement for a musical artist or band.</td>
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<td>freelance</td>
<td>working for different companies at different times rather than being permanently employed by one company</td>
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<tr>
<td>guru</td>
<td>(in Hinduism and Buddhism) a spiritual teacher, especially one who imparts initiation</td>
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<tr>
<td>self-fulfilling prophecy</td>
<td>A self-fulfilling prophecy is a prediction that directly or indirectly causes itself to become true, by the very terms of the prophecy itself, due to positive feedback between belief and behavior.</td>
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<tr>
<td>glum</td>
<td>looking or feeling dejected; morose</td>
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<tr>
<td>sucks</td>
<td>North American slang for something very bad, disagreeable, or disgusting</td>
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<tr>
<td>credibility</td>
<td>the quality of being trusted and believed in</td>
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<tr>
<td>junkweb listicles</td>
<td>An informal term for an article made up of a series of facts, tips, quotations, or examples organized around a particular theme. Listicles, which may be numbered or bulleted, are particularly common in blogs and other online articles. Listicle is a blend (or portmanteau) of the words list and article.</td>
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<tr>
<td>pop up</td>
<td>denoting a store or other business that opens quickly in a temporary location and is intended to operate for only a short period of time</td>
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<tr>
<td>presume</td>
<td>suppose that something is the case on the basis of probability</td>
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<tr>
<td>debt</td>
<td>something, typically money, that is owed or due</td>
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<tr>
<td>don</td>
<td>put on (an item of clothing)</td>
</tr>
<tr>
<td>alleviate</td>
<td>make (suffering, deficiency, or a problem) less severe</td>
</tr>
<tr>
<td>woes</td>
<td>things that cause sorrow or distress; troubles</td>
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READING ARTICLE 1 COMPREHENSION QUESTIONS

1. What is the debunked theory about Blue Monday?

2. When did Blue Monday come about?

3. What two formulas did Arnall come up with?

4. What is puzzling to many scientists and journalists?

5. Why is Blue Monday still a thing?

6. What are some examples of companies using Blue Monday as a marketing tool?

7. What disorder is real unlike Blue Monday?

8. How is depression different than the blues?

DISCUSSION QUESTIONS

Discuss or consider the following questions.

1. What do you think of the Blue Monday phenomenon?

2. Read the example of the junkweb listicle on page 2 titled, Here are five tips for perking up this Blue Monday. What do you think of the advice given?

3. What did you learn from this article?
After years of working hard at your job each day, you’ve just been laid off. You feel sad, tired and emotionally drained. The last thing you feel like doing is getting out of bed in the morning. This sadness is a natural part of being human and feeling this way for a few days is normal. In fact, many people hear people say “I’m depressed” in their day-to-day life when they are talking about that low feeling that we can all have from time to time. But if these sad feelings last for more than a couple of weeks and you start noticing that it’s affecting your life in a big way, you may be suffering from an illness called depression.

What is it?
Depression, also known as clinical or major depression, is a mood disorder that will affect one in eight Canadians at some point in their lives. It changes the way people feel, leaving them with mental and physical symptoms for long periods of time. It can look quite different from person to person. Depression can be triggered by a life event such as the loss of a job, the end of a relationship or the loss of a loved one, or other life stresses like a major deadline, moving to a new city or having a baby. Sometimes it seems not to be triggered by anything at all. One of the most important things to remember about depression is that people who have it can’t just “snap out of it” or make it go away. It’s a real illness, and the leading cause of suicide.

Who does it affect?
Depression can affect anybody; young or old, rich or poor, man or woman. While depression can affect anyone, at anytime, it does seem to strike most
could I have depression?

- I feel worthless, helpless or hopeless
- I sleep more or less than usual
- I’m eating more or less than usual
- I’m having difficulty concentrating or making decisions
- I’ve lost interest in activities I used to enjoy
- I have less desire for sex
- I avoid other people
- I have overwhelming feelings of sadness or grief
- I’m feeling unreasonably guilty
- I have a lot of unexplained stomachaches and headaches
- I feel very tired and/or restless
- I have thoughts of death or suicide
- I’m feeling more tearful or irritable than usual

If you agree with five or more of these statements and have been experiencing them for more than two weeks you should talk to your doctor.

often when a person is going through changes. Changes can be negative life changes such as the loss of a loved one or a job, regular life changes such as starting university or a big move, or physical changes such as hormonal changes or the onset of an illness. Because depression can be linked to change, certain groups of people are at risk more often than others:

- **Youth:** More than a quarter of a million Canadian youth—6.5% of people between 15 and 24—experience major depression each year. Depression can be hard to recognize in youth because parents and caregivers often mistake a teen’s mood swings and irritability for normal adolescence, rather than depression. Studies have shown that gay, lesbian, bisexual or transgendered youth have higher rates of major depression.

- **Older adults:** Around 7% of seniors have some symptoms of depression. This can be brought on by the loss of a spouse, a shrinking circle of friends or the onset of an illness. It’s also much more common among seniors living in care homes or who have dementia. Depression in people 65 and over appears to be less common than in younger groups, but researchers aren’t sure if this is a real difference or an issue with the research questions. It’s likely that depression is at least somewhat under-recognized in seniors. Some symptoms like changes in sleep or activity levels may be mistaken as signs of aging instead of depression.

- **Women:** Depression is diagnosed twice as much in women as it is in men. Some reasons for this difference include life-cycle changes, hormonal changes, higher rates of childhood abuse or relationship violence, and social pressures. Women are usually more comfortable seeking help for their problems than men which likely means that depression in men may be highly under-reported. Men generally feel emotionally numb or angry when they are depressed whereas women usually feel more emotional.

- **People with chronic illness:** About one third of people with a prolonged physical illness like diabetes, heart disease or a mental illness other than depression, experience depression. This can be because a long term illness can lower your quality of life, leading to depression.

- **People with substance use problems:** There is a direct link between depression and problem substance use. Many people who are experiencing depression turn to drugs or alcohol for comfort. Overuse of substances can actually add to depression in some people. This is because some substances like alcohol, heroin and prescription sleeping pills lower brain activity, making you feel more depressed. Even drugs that stimulate your brain like cocaine and speed can make you more depressed after other effects wear off. Other factors, like family history, trauma or other life circumstances may make a person vulnerable to both alcohol/drug problems and depression.
• People from different cultures:
  Depending on your cultural background, you may have certain beliefs about depression that can affect the way you deal with it. For example, people from some cultures notice more of the physical symptoms of depression and only think of the emotional ones when a professional asks them. Attitudes from our cultures can also affect who we may ask for help. For example, in one BC study Chinese youth were twice as reluctant to talk to their parents about depression as their non-Chinese counter parts. Aboriginal people, on and off-reserve, may also have higher rates of depression, from 12–16% in a year, or about double the Canadian average.

What can I do about it?
Depression is very treatable. In fact, with the right treatment, 80% of people with depression feel better or no longer experience symptoms at all. Some common treatments, used on their own or in combination are:

Counseling: There are two types of counseling that work best for people with depression.

• Cognitive-behavioural therapy (CBT): A health professional who uses this approach can teach you skills to help change your view of the world around you. They do this by coaching you to break the negative patterns of depression including the thoughts and actions that can keep the depression going.

• Interpersonal therapy (IPT): Often when you are depressed your relationships with other people suffer. A health professional who uses IPT can teach you skills to improve how you interact with other people.

Medication: There are many different types of effective medication for depression, and different kinds work in different ways. Talk to your doctor to find out if medication is right for you, and if so, how to take it properly.

Light therapy: This treatment has been proven effective for people with seasonal affective disorder. It involves sitting near a special kind of light for about half an hour a day. Light therapy should not be done without first consulting your doctor because there are side effects to this treatment. It is being researched for use in other kinds of depression as well.

Electroconvulsive therapy (ECT): This is a safe and effective treatment for people with severe depression or who can’t take medications or who haven’t responded to other treatments. ECT is a treatment done in hospital that sends electrical currents through the brain.

Self-help: For mild depression, or when moderate or severe depression begins to improve with other treatments, there are some things you can do on your own to help keep you feeling better. Regular exercise, eating well, managing stress, spending time with friends and family, spirituality, and monitoring your use of alcohol and other drugs can help keep depression from getting worse or coming back. Talking to your doctor, asking questions, and feeling in charge of your own health are also very important. Always talk to your doctor about what you’re doing on your own.

Some people find that herbal remedies, such as St. John’s Wort, help with their depression symptoms. Remember that even herbal remedies can have side effects and may interfere with other medications. Dosages can also vary depending on the brand you use. Talk about the risks and benefits of herbal or other alternative treatments with your health care provider and make sure they know all the different treatments you’re trying.
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Electroconvulsive therapy (ECT): This is a safe and effective treatment for people with severe depression or who can’t take medications or who haven’t responded to other treatments. ECT is a treatment done in hospital that sends electrical currents through the brain.

Self-help: For mild depression, or when moderate or severe depression begins to improve with other treatments, there are some things you can do on your own to help keep you feeling better. Regular exercise, eating well, managing stress, spending time with friends and family, spirituality, and monitoring your use of alcohol and other drugs can help keep depression from getting worse or coming back. Talking to your doctor, asking questions, and feeling in charge of your own health are also very important. Always talk to your doctor about what you’re doing on your own.

Some people find that herbal remedies, such as St. John’s Wort, help with their depression symptoms. Remember that even herbal remedies can have side effects and may interfere with other medications. Dosages can also vary depending on the brand you use. Talk about the risks and benefits of herbal or other alternative treatments with your health care provider and make sure they know all the different treatments you’re trying.
READING ARTICLE 2 COMPREHENSION QUESTIONS
Respond to the questions below.

1. How many Canadians are affected by depression at some point in their lives?

2. List three possible triggers for depression.

3. What does “snap out of it” mean?

4. In general, who is affected by depression?

5. Which 5 groups of people are at risk more often than others?

6. Which types of youth have higher rates of depression?

7. Why might depression be under-recognized in seniors?

8. How do men generally feel when they are depressed?

9. Why do many people who are experiencing depression turn to drugs or alcohol?

10. What did a BC study find regarding Chinese youth?
11. Is depression treatable?

12. What type of treatment is effective for people with seasonal affective disorder?

13. What self-help techniques can help people with mild depression feel better?

14. What herbal remedy tends to help some people with symptoms of depression?
LANGUAGE FOCUS: PHRASAL VERBS WITH CUT
Source: http://www.espressoenglish.net/8-phrasal-verbs-with-cut/

CUT ACROSS
To go across a place rather than around it, to make the trip faster.

Let’s cut across the park on the way home from school – it’ll be faster.

CUT BACK (ON) / CUT DOWN (ON)
1. To reduce (especially spending)
   We’re cutting back on entertainment in order to save up for our vacation. Instead of going to the movies once a week, we’re going once a month.

2. To consume less
   I’m on a diet – I’m cutting down on fast food.

3. Cut down can also be used in the literal sense, regarding trees:
   He’s cutting down a tree.

CUT IN
1. Enter a conversation by interrupting
   I couldn’t have a serious conversation with Barry because my sister kept cutting in.

2. When two people are dancing, and a third person interrupts them to dance with one of them.
   May I cut in? I’d like to dance with Joanna.

3. To “cut in line” is to enter a line ahead of other people who have been waiting longer:

CUT IT OUT!
Say “cut it out” when you want to tell another person to stop their bad behavior.

(your kids are running around the house yelling and screaming)
“Cut it out! I’m trying to take a nap!”

CUT OFF
1. To remove something from something bigger.
   I cut the tags off my new clothing.

2. When the telephone connection disconnects accidentally
   We were cut off in the middle of our conversation.

3. To stop the supply of something
   Our electricity was cut off after we didn’t pay the bill for 3 months.

4. To interrupt
   I tried to explain about the problem, but she cut me off and said she didn’t want to hear about it.

5. To drive in front of another car suddenly
   He got angry when another car cut him off on the highway.

CUT OUT
1. To remove something (like a picture) from something bigger (like a magazine).
   I cut the article out of the newspaper.

2. To “cut someone out” is to exclude them.
   Helen cut her ex-boyfriend out of her life. She doesn’t even want to be friends with him.

3. When an engine, motor, or other machine stops.
   I was terrified when the plane’s engines suddenly cut out.

CUT UP
To cut (with scissors) into smaller pieces.

“The teacher cut the paper up into triangles.”
TAKE AFTER SOMEBODY
Have a similar appearance or personality (especially a relative)
She takes after her mother – they have the same green eyes and curly brown hair.
John is such a funny person. He takes after his grandfather, who was a comedian.

TAKE SOMETHING APART
Separate something into parts
The technician is taking apart the TV so that he can fix it.

TAKE SOMETHING BACK
1) Return something to a store:
The jeans I bought were too small, so I took them back and exchanged them for a larger size.
2) Admit that something you said was wrong:
I’m sorry I said you were stupid. I take it back.

TAKE SOMETHING DOWN
1) Separate a structure into parts
After the circus was over, the workers took down the big tents.
2) Write information on paper
She took down my address and phone number and said she’d call me later.

TAKE SOMEBODY IN
To let somebody stay in your house
My friend lost his job and his apartment, so I took him in for a month.

TAKE SOMETHING IN
1) Receive and understand information
The instructor spoke so fast that I couldn’t take in all the information.
2) Make clothing smaller so that it fits you
I love this dress, but it’s a little too loose. Could you take it in an inch?

TAKE OFF
1) An airplane leaving the ground and going up into the air
What time does the plane take off?
2) Become successful or popular very fast
In the last few years, social media sites have taken off all over the world.
3) Leave a place suddenly (informal)
He was at the party for about 15 minutes, and then he took off.

TAKE SOMETHING OFF
1) Remove a piece of clothing from your body
I always take off my shoes as soon as I get home.
2) Not go to work for a period of time
Jamie took three days off to go skiing in the mountains.

TAKE SOMEONE ON
Accept some work or responsibility
Do you have time to take on a new project?

TAKE SOMEBODY ON
1) Hire or employ somebody
The company has taken on three new staff members.
2) Fight or compete against somebody
In tonight’s boxing match, Antonio will take on an undefeated boxer from Argentina.

TAKE SOMEBODY OUT
Go with somebody to a restaurant or movie and pay for their food or ticket
I’m taking my girlfriend out to dinner on our anniversary.

TAKE SOMETHING OUT
Remove something from a place
I took the letter out of the envelope.

TAKE SOMEBODY OUT ON SOMEBODY
Treat an innocent person badly because you are tired or angry about something else
Hey, I know you had a terrible day at work – but don’t take it out on me!

TAKE OVER SOMETHING
Take control
Germany took over several other countries during World War II.

TAKE SOMEBODY THROUGH SOMETHING
Explain something to somebody in detail
Let me take you through the procedure for operating this machine. First, you need to...

TAKE UP SOMETHING
1) Fill space or time
These books are taking up all the space in my room.
I’m working on an urgent project that’s taking up all my spare time.
2) Start doing something regularly
I’ve recently taken up yoga.

TAKE SOMEBODY UP ON SOMETHING
Accept an offer or invitation
“You when you travel to China, you’re welcome to stay at my house.”
“Really? I might take you up on that!”

TAKE SOMETHING UP WITH SOMEBODY
Complain to someone about a problem
If you don’t like the way I do my job, take it up with my manager
So, if you add bad weather plus failed New Year's resolution, and multiply that by a number of days passed since Christmas, you have the saddest day of the year – blue Monday. Although it's disputed by many whether it actually exists, I think most will agree that any Monday of the month of January could be the bluest Monday.

Ganz Ferrance is a psychologist and Edmonton’s public speaker, he joins us now with a cure for blue Monday. Good morning, Ganz.

Ganz Ferrance 00:24
Good morning.

Mark 00:24
So, who exactly came up with blue Monday?

Ganz Ferrance 00:27
Well, you know, it was our friends across the pond in England actually. They... You know, those of us who live kind of in the North and, you know, England is also surrounded by a larger body of water; so, we tend to have a lot less light in the winter and a lot more cloudy days. And, you know, it was really just an attempt to get people aware of, you know, mental health issues, depression, seasonal affective disorder, and just get people talking about this. And so, they came up with this term, blue Monday.

Mark 00:57
Well, you know, that's not a bad thing, because I... The other story I'd heard that it was an advertiser who basically wanted to sell trips down South, so. That's more positive.

Ganz Ferrance 01:07
A bad way to attack that blue Monday, anyway.

Mark 01:10
Yeah. So, what-what tips do you have for people who make... to make the day less depressing?

Ganz Ferrance 01:15
Well, you know, when-when you know that... Well, any time around this time of year, again so, it's not just a specific day, but around this time of year, it can be really difficult. So yeah, definitely look at ways to make yourself happy. So, connect with friends. You know, the big thing with depression or anxiety, or any of that stuff, is getting lots of exercise, getting out, doing something. If you can do something outdoors on a sunny day, that helps. But anything active is really gonna be very helpful for you.

Mark 01:44
So, if you haven't really planned anything yet for today, and you're just kind of getting up and going, "Ugh, this Monday." What could people do to make the day go more smoothly?
Ganz Ferrance 01:54 Well, one of the things they can do is just-understand that it is a real thing. So, around this time of year, we do feel a little bit of a letdown. You know, we're not getting the light we need, you know, some of the bills from Christmas parties are showing up, you know, different things like that. So, cut yourself a break, take your time and pace yourselves throughout the day. Know that you may not be your best – and that's okay. You may feel a little down, that's okay. Do things that are gonna be satisfying to you. Eat the foods you like, you know, not too many of them, if they're not good for you. But you know, do something good for yourself, treat yourself a little bit. It'll take the edge off.

Mark 02:28 So, how's your mood so far today?

Ganz Ferrance 02:30 So far it's okay. I'm a little mixed up with the time here this morning, but uh, but I'm okay.

Mark 02:37 Okay, Ganz. Thanks for chatting with us this morning, we appreciate it.

Ganz Ferrance 02:40 Hey, thanks a lot for having me.

Mark 02:42 Ganz Ferrance is a psychologist and at Edmonton public speaker.

Blue Monday always up for dispute though, whether it's a thing or a myth. Mara Grunau is executive director at the Center of Suicide Prevention. She joins us on the line. Good morning Mara.

Mara Grunau 02:56 Good morning, Mark. How are you?

Mark 02:57 Good, thanks. Why do you say blue Monday is a myth?

Mara Grunau 03:01 Well, I mean, I guess it would be kind of strange word, like Ganz was just saying. I think a lot of us, especially in Canada, find January to be blah. We might have the winter blues or the winter blahs. Same kind of thing that he was saying – low light, cold, you know, we're looking down at another four months of winter, Christmas is over. But that's not depression and we don't want to trivialize people who are experiencing clinical depression. Depression is there whether it's January or July. People who experience depression are feeling it all the time. It's like this giant cloud is over your head and whether the circumstances around you are bleak or cheery, you see it as bleak. And we just don't want to trivialize that. We also wanna make sure that people understand that we might have the-the January blahs, like I said, but that's part of life. That's life going up and down, you know, for all people. But suicide rates don't go up in January, and depression rates do not go up in January. They're stable, they're stable throughout the year.

Mark 04:10 Where do you think the idea of blue Monday came from?
I think exactly like Ganz said. I think people feel the blahs and they, you know, want to draw awareness to it and let people know that other people are feeling it as well. But like I said – that’s not the same as depression. And the research that we have done has revealed exactly what you’ve said in your, in your interview, that it was a bit of a pseudoscientific algorithm that was constructed with the travel agencies and the travel industry. I mean, whatever, we all use marketing for our own purposes and frankly, who wouldn’t want a sunny holiday? It’s really very difficult to dispute that, but we just want to make sure that people understand the difference.

And what's the message you wanna send to people about feeling down this time of year?

Well, I just wanna draw people's attention to-to the people around them. And again, like Ganz said, you know get, if you're blah, get out, be active, embrace life, try to increase your social interactions. But if you're already depressed, and depression is taking over your life in the sense that it's impacted your day-to-day activities; those kinds... those people experiencing that, telling them, go for a run – it's really insensitive. It-it's bigger than that, it's more complex. If you're worried about someone in your life, encourage them to seek help or seek help on their behalf. And at Edmonton, we always tell people to call CMHA Edmonton, which is now... the support network is part of that. So, if that was your distress line for so many years, and I'll give you that number. It's 780-482-4357. And if you're feeling blue or if you're, if you're feeling like the depression is creeping in to take over the rest of your life – call. You don't need to suffer through, there are people to help you. If you're concerned about someone at risk of suicide, ask them directly. Don’t hesitate, ask them directly if they are considering suicide. If they are, they will say yes. And you don't need to panic, call that same number and the people on the other end of the line will take it from there. You don't need to solve their problem, you just need to help them get help.

Mara, thanks very much for speaking with us this morning.

Mark, thanks so much for having me on your show and enjoy the rest of January.

You too.

Okay.

Mara Grunau is executive director at the Center of Suicide Prevention. That number once again: 780-482-4357.
**ANSWER KEY**

**VOCABULARY FROM FEATURE AUDIO**

<table>
<thead>
<tr>
<th>#</th>
<th>WORD/EXPRESSION</th>
<th>DEFINITION</th>
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<tbody>
<tr>
<td>9</td>
<td>resolution</td>
<td>25. obtain from (a number) another that contains the first number a specified number of times (2×4=8)</td>
</tr>
<tr>
<td>1</td>
<td>multiply</td>
<td>26. to give someone a break; to allow someone a reprieve from the consequences of an action</td>
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<tr>
<td>19</td>
<td>dispute</td>
<td>27. depression associated with late autumn and winter and thought to be caused by a lack of light</td>
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<tr>
<td>24</td>
<td>pond</td>
<td>28. to attract someone to notice or focus on someone or something</td>
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<tr>
<td>20</td>
<td>cloudy</td>
<td>29. to decrease the effect of something, particularly something unpleasant</td>
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<tr>
<td>3</td>
<td>Seasonal Affective Disorder</td>
<td>30. make (something) seem less important, significant, or complex than it really</td>
</tr>
<tr>
<td>13</td>
<td>depression</td>
<td>31. to be confused or messed up</td>
</tr>
<tr>
<td>15</td>
<td>anxiety</td>
<td>32. in an open, honest, and direct manner; used to emphasize the truth of a statement, however shocking it may be</td>
</tr>
<tr>
<td>11</td>
<td>a letdown</td>
<td>33. a firm decision to do or not to do something</td>
</tr>
<tr>
<td>2</td>
<td>cut someone a break</td>
<td>34. (of an unwanted and negative characteristic or fact) occur or develop gradually and almost imperceptibly</td>
</tr>
<tr>
<td>18</td>
<td>treat yourself</td>
<td>35. a disappointment or a feeling of disappointment</td>
</tr>
<tr>
<td>5</td>
<td>take the edge off</td>
<td>36. to assume control of something, especially by force; (of a feeling) absorb all of the attention and energy of (someone)</td>
</tr>
<tr>
<td>7</td>
<td>be mixed up</td>
<td>37. feelings of severe despondency and dejection</td>
</tr>
<tr>
<td>23</td>
<td>myth</td>
<td>38. experience or be subjected to (something bad or unpleasant)</td>
</tr>
<tr>
<td>22</td>
<td>pseudo</td>
<td>39. a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome</td>
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<tr>
<td>22</td>
<td>algorithm</td>
<td>40. extreme anxiety, sorrow, or pain</td>
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<tr>
<td>8</td>
<td>frankly</td>
<td>41. the action of killing oneself intentionally</td>
</tr>
<tr>
<td>4</td>
<td>draw someone’s attention to something</td>
<td>42. to do something special for yourself e.g. an event or item that is out of the ordinary and gives great pleasure</td>
</tr>
<tr>
<td>6</td>
<td>trivialisize</td>
<td>43. argue about (something); discuss heatedly</td>
</tr>
<tr>
<td>10</td>
<td>creep in</td>
<td>44. (of the sky or weather) covered with or characterized by clouds; unclear</td>
</tr>
<tr>
<td>12</td>
<td>to take over</td>
<td>45. a process or set of rules to be followed in calculations or other problem-solving operations, especially by a computer</td>
</tr>
<tr>
<td>14</td>
<td>to suffer</td>
<td>46. not genuine; sham</td>
</tr>
<tr>
<td>16</td>
<td>distress</td>
<td>47. a widely held but false belief or idea</td>
</tr>
<tr>
<td>17</td>
<td>suicide</td>
<td>48. a small body of still water formed naturally or by hollowing or embanking</td>
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FEATURE AUDIO COMPREHENSION QUESTIONS

1. In general, what is Blue Monday?
   Blue Monday is the saddest day of the year

2. When month does Blue Monday occur in?
   January

3. Where did the term Blue Monday come from?
   It came from England apparently. It originally was an attempt to make people aware of mental health issues, depression, seasonal affective disorder so they came up with this term Blue Monday.

4. List 3 tips that Ganz Ferrance suggests for coping with this time of year.
   • Connect with friends
   • Get exercise
   • Get out and do something
   • Do something outdoors on a sunny day

5. List 3 tips that Ganz Ferrance suggests for getting through the day, Blue Monday.
   • Understand this time of a year is a bit of a letdown
   • Cut yourself a break
   • Take your time and pace yourself throughout the day
   • Eat foods that you like
   • Do something good for yourself
   • Treat yourself
   • Know that you may not be your best or feel down and that’s okay

6. What does Ganz Ferrance do for a living?
   He is a psychologist and Edmonton public speaker

7. What does Mara Grunau do for a living?
   She is the Executive Director at the Center for Suicide Prevention

8. What does Mara Grunau not want people to trivialize?
   She doesn’t want us to trivialize people who are experiencing depression.

9. What does she say about the winter blues or winter blahs?
   The winter blahs refers to the middle of winter when people may feel a little bit down as a result of low light, cold weather, another four months of winter, and Christmas being over.

10. How does she describe depression?
    Depression is there whether it’s January or July. People who experience depression are feeling it all the time. It’s like this giant cloud is over your head and whether the circumstances around you are bleak or cheery, you see it as bleak.

11. What does she say about suicide rates in January?
    Suicide rates do not go up at this time of year and that they are stable throughout the year.

12. What does she say is insensitive?
    She says it is insensitive to tell a depressed person to simply get out and go for a run as their condition is bigger and more complex than that.

13. What does she suggest people do if they think they may be depressed or know someone that is depressed?
    She said if you’re worried about someone in your life, encourage them to seek help or seek help on their behalf. For those that live in Edmonton, they can call CMHA Edmonton at 780-482-4357. And if you’re feeling blue or if you’re, if you’re feeling like the depression is creeping in to take over the rest of your life – call. You don’t need to suffer through, there are people to help you.
14. What does she say to do if you’re concerned about someone at risk for suicide?
If you’re concerned about someone at risk of suicide, ask them directly. Don’t hesitate, ask them directly if they are considering suicide. If they are, they will say yes. And you don’t need to panic, call that same number and the people on the other end of the line will take it from there. You don’t need to solve their problem, you just need to help them get help.

READING ARTICLE 1 COMPREHENSION QUESTIONS
1. What is the debunked theory about Blue Monday?
The debunked theory is that it is “the most depressing day of the year”.

2. When did Blue Monday come about?
In 2005 when a British travel agency issued a press release declaring it so. The release cited a pseudo-mathematical formula that is now defunct.

3. What two formulas did Arnall come up with?
The formula for the most depressing day of the year (i.e. Blue Monday) and the happiest day of the year. Both formulas were developed for marketing campaigns.

4. What is puzzling to many scientists and journalists?
They are puzzled that the myth still exists despite evidence debunking it.

5. Why is Blue Monday still a thing?
Money / Continuing popularity online / Campaigns and marketing

6. What are some examples of companies using Blue Monday as a marketing tool?
• Promotion of special offers geared to consumers
• Cineplex promotional deal on Blue Monday
• Coupons to buy merchandise
• Bus company offering a buy-one-get-one-deal on Blue Monday along with its own “super” bus driver on this day
• Travel agencies and airlines promote Blue Monday deals

7. What disorder is real unlike Blue Monday?
Seasonal affective disorder / Depression

8. How is depression different than the blues?
It is a mood disorder. The symptoms last for long periods of time and can affect anyone at any time of year.

READING ARTICLE 2 COMPREHENSION QUESTIONS
1. How many Canadians are affected by depression at some point in their lives?
One in eight

2. List three possible triggers for depression.
• A life event
• Loss of a job
• The end of a relationship
• The loss of a loved one
• A major deadline
• Moving to a new city
• Having a baby
3. What does “snap out of it” mean?
Snap out of it means to get over it or to force yourself to stop feeling sad or to become suddenly free from a condition like depression for example.

4. In general, who is affected by depression?
Anyone can be affected by depression.

5. Which 5 groups of people are at risk more often than others?
- Youth
- Older adults
- Women
- People with chronic illnesses
- People with substance use problems

6. Which types of youth have higher rates of depression?
Studies have shown that gay, lesbian, bisexual or transgendered youth have higher rates of depression.

7. Why might depression be under-recognized in seniors?
Symptoms like changes in sleep or activity levels may be mistaken as signs of aging instead of depression.

8. How do men generally feel when they are depressed?
Men generally feel emotionally numb or angry when they are depressed whereas women usually feel more emotional.

9. Why do many people who are experiencing depression turn to drugs or alcohol?
Many people who are experiencing depression turn to drugs or alcohol for comfort.

10. What did a BC study find regarding Chinese youth?
One BC study found that Chinese youth were twice as reluctant to talk to their parents about depression as their non-Chinese counterparts.

11. Is depression treatable?
Yes. 80% of people with depression feel better or no longer experience symptoms at all.

12. What type of treatment is effective for people with seasonal affective disorder?
Light therapy.

13. What self-help techniques can help people with mild depression feel better?
Regular exercise, eating well, managing stress, spending time with family and friends, spirituality, and monitoring use of alcohol and other drugs can help keep depression from getting worse or coming back.

14. What herbal remedy tends to help some people with symptoms of depression?
St John’s Wort.

Feedback, Questions, Comments
If you have any feedback, questions, or comments regarding this lesson plan, we would like to hear from you. Please email Deidre Lake at info@communication4integration.ca.