

Front Page

MONDAY, JANUARY 26, 2009

BACK TO THE WIN & POINT

CHEER UP ME BABBERS! IT'S...



£10 HOLIDAYS
TODAY'S TONER AND PASSWORD PAGE 23

FITNESS SAVINGS
A FITNESS CLASS PASSES FOR £5 PAGE 24

HAPPY ~~BLUE~~ MONDAY

WELCOME to what more miserable media outlets have dubbed Blue Monday. The gloomiest and most depressing day of the year. But here at the Bristol Post we've got a different perspective...

It's that Monday again when the winter sun dries and our New Year's resolutions begin to slip. The so-called Blue Monday.

But we refuse to welcome in such a melancholic and gloomy after all, how can we be miserable when we live in Bristol's best city? So we're calling today Mega Mondays and we're joyfully embracing them with a Bristol group that is determined to make the New Year as bright as possible. Launching today, the Mega City Initiative's Lightest Moments project has already been supporting regulars from Bristol and all over the city.

Remember as a citizen, the best is always yours. So the Mega Mondays group is going to be there and there.

SIX THINGS

...you need to know about Bristol today

FROM JAN 20 2014

MONDAY



og returns... with hand grenade see page 13

BRIGHTEN UP GLOOMIEST DAY OF YEAR

Rachel Gardner
rachel.gardner@bristolpost.co.uk



FROM PAGE 1

WE all know that we love Bristol. But why? Could you pinpoint the exact reason you are so happy to live here?

From today you have the chance to take part in an ambitious happiness-making project for everyone living and working in the city.

The plan is to get people to capture and share what makes them feel good about Bristol and where they work and live.

The campaign has been called Upbeat Streets and is Bristol-based initiative Happy City's first project of 2014.

People are urged to take a picture of something that makes them happy and then upload it to the Upbeat Streets website.

The pictures are to become part of a rolling gallery of the best things in every corner of Bristol.

And despite the project not officially launching until today, it has already had a "tremendous response" from people who have sent in photographs of what happiness means to them - from street art, famous Bristol landmarks, and interesting people and places.

Mike Zeidler, founding director of Happy City, told the *Bristol Post*: "Blue Monday has this bad reputation mainly because of the cycle of billing around this time.

"It's all about tax returns, bills from suppliers over the Christmas period, and people are facing a long stretch back at work before any time off.

"This time of year you need to do a bit of recovery, and get stuck back into work.

"Although we are officially launching our Upbeat Streets project today we have

already had a tremendous response from people sending in pictures they've already taken of what happiness means to them.

"It reflects the science of how we can take responsibility for our own happiness - noticing little things like the gratitude and positives in the environment around us every day.

"There is something very special about Bristol - it's very distinctive because it's unconventional and we believe there is a lot here that people could take pictures of to fit this brief."

As well as having a rolling gallery it is planned that a selection of photos from the project will be taken on a "mobile

"There is something very special about Bristol - it's very distinctive because it's unconventional... there is a lot here people could take pictures of to fit this brief

Mike Zeidler

tour" of the city.

It will visit city centre museums, as well as community centres and schools further afield so that a large number of people can access the project.

The campaign is due to be launched today by the Lord Mayor Faruk Choudhury at an event at the Mansion House.

On what about Bristol makes him happy, Mr Choudhury said: "I knew Bristol was the place for me when I saw the statue of Bengali philosopher and poet Raja Rammohan Roy in College Green, a few days after I had arrived in the city."

To find out more about the project, and to upload an image, visit www.happy-city.org.uk/project/upbeat-streets



Mike Zeidler, left, founding director of Happy City



WHAT MAKES YOU HAPPY IN BRISTOL?

WHAT makes you glad to live in Bristol? Is it your friendly street? The city's history? The hot air balloons in the sky in summer months?

Whatever it is, tell us what makes you happy to live here. Visit www.bristolpost.co.uk and find this story online - then fill in the online form at the end of it.

Or email us at hello@bristolpost.co.uk and send a photo of something that makes you smile.

MCK

BLOOMING MONDAY

WORKERS have been encouraged to dress in bright shades to beat the blues today.

A poll by charity Mental Health Research UK found one in five of us will not wear bright clothes to work because we think others believe they are less professional.

The research also found women are much more likely to be adventurous than men, with 36 per cent saying they wear bright outfits, compared to 24 per cent of men.

But the charity has called on members of the public to wear colourful clothes as part of its Blooming Monday campaign, which aims to raise awareness of depression and seasonal affective disorder.

Dr Laura Davidson, a mental health barrister and trustee of the



John Lasseter, the man behind many Disney Pixar hit films, is famous for his bright shirts

charity, said: "Whilst wearing bright colours will not prevent depression, or SAD, plenty of research links mood and colour."

"The perception that wearing dark colours in the workplace equates to professionalism is a fallacy."

MCK

FIVE WAYS TO BEAT THE BLUES TODAY



1. Do some exercise.

Whether it's swimming, badminton or going for a walk, doing some exercise has been proven to lift your spirits. Get those trainers on!



2. Stroke a dog.

Research has shown that petting a dog or cat can make you feel better - and it gives you something to focus on other than yourself and how you are feeling.



3. Dance. Or sing.

Put some loud music on (preferably upbeat) and dance around your living room, singing along at the top of your voice. You might feel stupid but that's part of the point - have a good laugh at yourself.



4. Cook a nice meal - from scratch.

Not only will the end product cheer you up (if all goes to plan), but there is something cheering about getting all the ingredients and following a recipe. Make your dinner for someone else and you add the good feelings that come with doing something nice for others.



5. And if none of these cheers you up

... think of it this way. At least we don't live in Swindon.