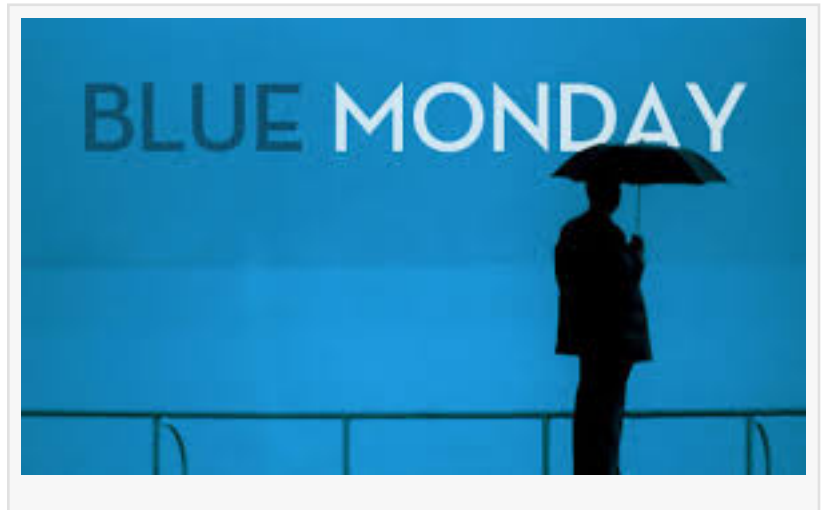


# What is Blue Monday and how can CBD cannabis oil prevent it?

*Research show mood disorders and depression worsen following Christmas. Early in January, NHS psychiatric doctors will prepare for increased admissions.*

LONDON, UNITED KINGDOM, December 6, 2017 /EINPresswire.com/ -- What is [Blue Monday](#) and what can be done to avoid it? Could cannabis ([CBD](#)) provide a non-psychoactive neuro-protective?

[According to research](#) findings from Cardiff University, moods worsen generally across all demographics and specifically the number of alcohol-related injuries and fatalities usually increase after the Christmas festive season



We're told by Dr Cliff Arnold that overall admission and treatment patterns at psychiatric hospital departments is actually lower during the prior period leading up to and on the holidays.

Blue Monday has been coined as the name given to a the 3rd Monday January which is claimed to be the most depressing day of the year. First publicised in 2005 from holiday company Sky Travel, which claimed to have calculated the date using an equation based on Cliff Arnold's research from Cardiff University.

According to patterns indicated across a number of clinical studies, the Christmas period usually results in two worsening trends. Hospitals naturally and repeatedly experience an increase in general mood disorder admissions during the holiday, such depression and alcohol-related psychopathology. There is little evidence to show the connection between normally healthy individuals and those with pre-existing mental health issues.

It has also been shown that hospitals experience a decrease during the actual holiday in the use of psychiatric emergency services. Typically self-harm behaviors and attempted suicide decrease up to the Christmas and then surge in the days and week following. Clear connection between these periods can be attributed to "rebound phenomena". These findings are in line with a review by Friedberg, who reported that there is no increase in general psychopathology during the Christmas holiday, but rather an increase in dysphoric moods.

As a result it would appear that Christmas offers the population a generally protective experience regarding many forms of psychopathology, with the exceptions of mood disorders and alcohol-related overdose, injuries and fatalities.

What can be done to avoid Blue Monday Depression? GPs say exercise and reading up on

depression are ways to beat the blues. "Yes, we do see lots of people with depression and anxiety in the winter months. The message is it's not a terrible disorder, people do get better," Royal College of General Practitioners spokesman Dr Alan Cohen said.

CBD has been long known to help manage mood disorders. Products such as Provacan that contain hemp derived CBD are legally available across Europe without prescription or medical cannabis licence.

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This press release can be viewed online at: <http://www.einpresswire.com>

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