



For immediate release — Thursday, January 14, 2021

University of Lethbridge experts available for stories related to Blue Monday challenges

Blue Monday is generally regarded as the most depressing day of the year and marked on the third Monday of January — this year being Monday, January 18. The combination of now due Christmas expenses, the heart of winter weather and the acquisition of excess pounds over the holiday break create what many see as a time when our mental health faces its greatest challenges. Add in the difficulty of the COVID-19 pandemic and this time of year may seem even more bleak.

The University has a number of experts from mental health researchers to counsellors, financial analysts and kinesiologists who can offer insight into how to deal with Blue Monday and its associated challenges.

Media members are encouraged to contact these experts directly for any story ideas they may be pursuing related to Blue Monday.

Dr. Vishaal Baulkaran is an associate professor of finance and finance area chair at the Dhillon School of Business. His main areas of research are corporate governance and corporate finance and he is currently working on projects related to financial literacy, real estate income trust governance and more. Most recently he was awarded an FP Canada Research Foundation grant to research how best residential properties can be leveraged for their equity to provide retirement income.

vishaal.baulkaran@uleth.ca

Dr. Sienna Caspar is an associate professor in the Faculty of Health Sciences Therapeutic Recreation Program. On January 20, she is giving a presentation where she will discuss the links between mindfulness, self-compassion and resilience. Through an exploration of both the current research on these topics and an engaging self-examination, participants will discover how the two are intricately intertwined and begin to learn to embrace their perfect imperfections with kindness.

sienna.caspar@uleth.ca

Dr. Jennifer Copeland is a professor in the Department of Kinesiology and Physical Education whose research interests focus on the effect of physical activity and

sedentary behaviour on health across the lifespan, with a particular focus on healthy aging.

jennifer.copeland@uleth.ca

Jennifer Ellis-Toddington is a registered psychologist and manager of the University's Counselling Services Office. The counselling team offers personal counselling, group counselling and a variety of wellness workshops to students. Offerings this term include an ADHD Support Group, Book Club, and Mindfulness sessions. uleth.ca/counselling
jennifer.ellistoddin@uleth.ca

Dr. Peter Kellett is a professor in the Faculty of Health Sciences Nursing Program who has worked as a registered nurse, nurse educator and manager in both provincial and federal (FNIHB) health systems. His research interests include LGBTQ2+ and transgender health, immigrant health, masculinities and men's health.

peter.kellett@uleth.ca

Dr. Mark Slomp is the Executive Director of Student Services. He oversees health services, counselling services, career services, services for students with disabilities, financial aid, and services for Indigenous students on our campus. He is a registered psychologist with a particular interest in the intersection between careers and mental health and wellness.

mark.slomp@uleth.ca

Wilma Spear Chief is a registered psychologist in the University's Counselling Services Office who provides counselling to Indigenous students. Her position, created through the Master Card Foundation's EleV program, was identified by the Ikaisskini Centre as a need to provide emotional support and assist in the retention of Indigenous students.

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