



Sunday Night Blues





More than **two thirds** of us in the UK suffer from feelings of anxiety and sleeplessness on a Sunday night.

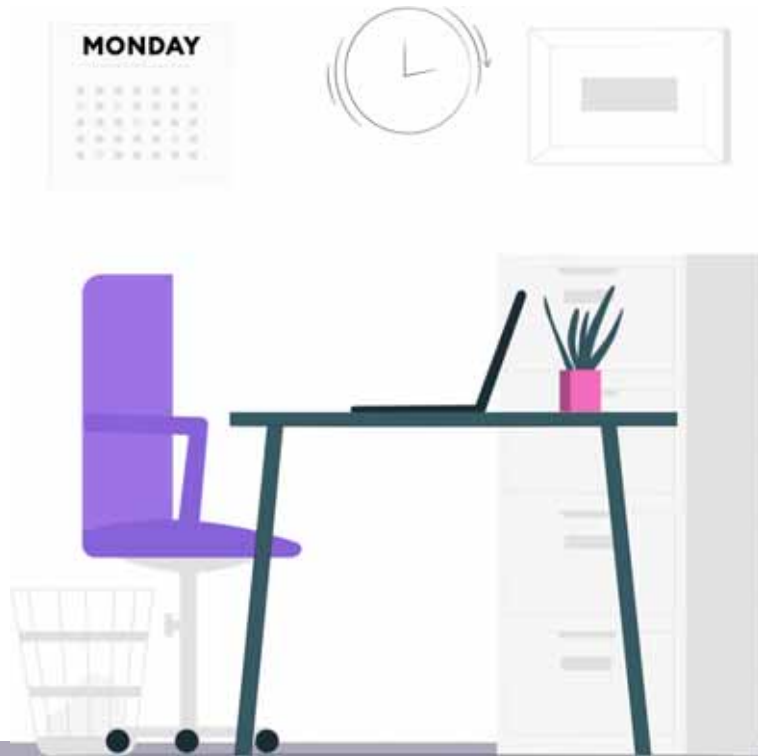


Google



Google Search

I'm Feeling Lucky



Monday contributes to the 25% of total absences in the week.

The highest being Mental Health.





- Opening up the discussion with organisations

Focus Groups and 26th April

HEALTH

Thank you to our partners
and funders:



INVESTORS
IN PEOPLE



Economic
and Social
Research Council





79% of individuals experienced or had in the past Sunday night blues



66% indicated that on a typical Sunday they start to experience SNB between 3 - 8pm on a Sunday







MONDAY / 01

MONDAY
MEETING
W/ KATIE
@ 9AM

TUESDAY / 02

9:00 - 9:30
PICK UP
FROM
SANDRA

12:00 - 1:00
LUNCH
TEAM
MEETING

JANUARY 2018

WEDNESDAY / 03

THURSDAY / 04

12PM - 2:PM
LUNCH W/
ALLY @
NOSH

11:00 CA
FRANCIS

3:00 - 5:00
DRINKS W/
SARAH +
RACHAEL

6:00 -

DON'T FORGET

CALL SARAH
THIS







