

《心情不佳的“一月忧郁”》

由于天气寒冷，加之圣诞+新年长假期间长时间窝在室内无所事事，昏昏欲睡，有些人迈入新年不但没有“新气象”，反而受到“一月忧郁”的困扰。



January blues means people spend 15 hours a day at home - causing "cabin fever".

“????”????????????????15????????“????”?

Cabin Fever is a real phenomenon that takes place during the dark winter months, particularly January.

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The lack of sunlight can make us feel lethargic and depressed, and the lack of exercise and the fact that we are cooped up in a stuffy, centrally-heated house can make us feel edgy, irritable and stressed, said a behavioural psychologist.

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The January blues struck 38 percent with under 25s being the worst hit at 48 percent and almost half of Brits said

January was the most depressing month of the year.

???38%????“????”????25????????????48%????????????????????

January is the worst month for couples.

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Average Brits argue rise to an average of eight minutes a day during the month - and two thirds have broken up with a lover at the start of the year, research has revealed.

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