

Gentleness Day: the medicine the world needs now

An annual awareness day, on the 3rd Monday in January



What is Gentleness Day?

Gentleness Day was created as an antidote to the myth of 'Blue Monday'. Reframing the third Monday in January, it offers an alternative story rooted in shared humanity.

The purpose of the day is simple: to bring more compassion, connection and calm, through the energy of gentleness, to ourselves, our homes, our work and our communities.



I so enjoyed the sessions, the importance of connecting with gentleness and the creativity. Just perfect to take a day to remember the act of gentleness in our personal life and to share.

On the day, we offer free events, activities, and ideas for creating small moments of gentleness in simple ways, so that we can bring more of it into everyday life. The day invites a deeper exploration of what gentleness means; how it lives in us, how we access it, and how it can transform our lives and our world.

Read our blog: [Creating a More Compassionate Society](#).



This day was beautiful, thank you. What an incredible thing to organise such a gift to the world and so needed.

19th January 2026: Where it all began

**500+
people were
touched by
Gentleness Day
2026***

From East Sussex, the event rippled out across the UK and around the world, with people joining our online events from Germany, Hungary, France, America and even Hawaii.

Activities included:

Art

Qigong

Yoga

Hand-Massage

Talk &
Workshop

Self-
Massage

Sound
Experience



An opportunity to be reminded of the essence and value of incorporating more gentleness into our life. Beautifully curated with an array of sessions, the day emanated love and gentleness. I left feeling an inner calmness and deeply grateful. A day created for the uplift and evolution of humanity.