

winter is coming

As the days grow shorter and the temperatures dip, it is time to think proactively about the transition to Winter. Planning ahead can help you make the most of this special season in the Northeast!

layers, layers, everywhere

to dress for cold weather, wear layers that will give maximum warmth:

/Base Layer: Synthetic, wool, or even cotton fabrics can work as long as they stay dry.

/Middle Layer: A fleece, wool, or puffy layer will retain as much body heat as possible.

/Outer Layer: Your outer shell should protect you from rain and wind. A rain jacket, wind breaker, or even a foldable poncho will help stop wind and water from soaking your other layers.

stay active this winter

try some easily accessible outdoor activities like walking, hiking, ice skating, sledding, cross-country skiing, snowshoeing, or just having fun in the snow.

/Skis, snowshoes, and skates can be borrowed from the DOC! When exercising in the winter, dress for warmth and stay hydrated. And if outdoor winter activity isn't for you, you can still dance around your room, climb stairs at Baker, try a new workout at the gym, or sign up for a FLIP class next term.

tips for walking in the snow

- Plan ahead by giving yourself sufficient time and wearing shoes or boots that provide traction on snow and ice.
- Walk on designated walkways and stay attentive to changes in the surface under your feet.
- Keep your phone in your pocket! Don't text or read while walking.

lifting your mood during shorter days

go toward the light

/Spend as much time in natural light as your schedule (and the weather) permits, and keep your environment bright and comfortable. Use the sunlamp at the Student Wellness Center (SWC) or borrow a light therapy lamp from Dick's House to beat the winter blues.

maintain your sleep hygiene

/When it's dark at 4:30pm, your body clock may feel ready for bed, but maintaining a regular sleep schedule can help you get the rest you need.

mindfulness

/If the lack of sun has got you down, practicing mindfulness can help you maintain self-awareness and improve your mood. As a starting point, the SWC offers free drop-in sessions every week for yoga (Mondays, 4-5, Collis 101) and mindfulness meditation (Fridays, noon-12:30, Robo 322)!

make plans

/When it gets dark early, it's easy to curl up in your room rather than engaging with all the campus has to offer. Give yourself something to look forward to like a meal with friends, an intriguing event, or a club meeting.

