

LEARNING TO LOVE WINTER



WEATHER:

Descent into winter is as difficult as winter itself. The period of time in which the body is making the adjustment to lower temperatures is the most uncomfortable. Canadians are cold at this time as well, as we have all enjoyed the warmer summer temperatures.

- Wind chill factor - wind-proof clothing is desirable.
- You will not freeze, but you could freeze the skin on parts of your body. This is called *frostbite*.
- It is advisable to listen to a weather forecast each day to prepare for the conditions you are likely to experience.
- The sun shines on the coldest days of the winter. Cloudy days are often warmer.

CLOTHING:

- should be wind-proof and water-proof. Cover the pulse points
- feet – keep them dry and warm with wool socks and insoles
 - water-proof boots
 - open boots in class, get material which breathes
 - no leather soles as these are slippery and dangerous on ice
 - powder your feet
 - put insoles in your boots
- hands – mittens better than gloves, and make them wind-proof
- head – protect ears and forehead
- neck – with scarf and turtleneck sweaters
- undershirt – keep it tucked in!
- layers work well - generally speaking, tight clothing is not warm
- allow room for air between layers of clothing
- jacket/coats – features to look for:
 - long, nearly to knee
 - high collar or hood
 - cuffs that close around hand
 - pockets to slip hands into
 - waist cinch
 - wind-proof
 - lining is important
 - coat should be large enough to accommodate a sweater
- Some jackets have detachable lining which is it's own jacket (a good multi-purpose, all season choice)
- In very cold weather, expose as little skin as possible. Frostbite can happen in a very short time, especially if cold temperatures are accompanied by high winds

PHYSICAL HEALTH:

- sunshine – will help mood
- oxygen – get outside and change air in room where you sleep or study
- exercise – preferably out of doors. Walk rather than taking the bus
- wear sunscreen and sun glasses

- vitamins – natural source, do not replace balanced diet with vitamins from a bottle, but supplement if you must
- eat lots of fruit and vegetables (Canadian cookbooks available at public library)
- walk safely – ice cannot always be seen either underfoot or hanging above your head.
- Also, after a heavy snowfall sidewalks disappear and pedestrians are forced onto the streets. Always walk facing oncoming traffic, and be prepared to climb up onto the snow bank if necessary
- weather reports – check them out before leaving the house. Dress accordingly
- Conditions can change dramatically over 24 hours
- colds - you will get them. Get some information now on colds and how to help the body recover. Sleep, drink plenty of liquids and eat fruit
- There is no medicine to get rid of a cold. There are over-the-counter medicines to help relieve the symptoms of a cold. You need not consult a doctor about these; ask the pharmacist for advice. Generally, colds take one week to work through the system.
- Put moisture into the air by leaving water sitting in a bathtub, or hanging laundry up to dry in your room. Make sure your bedroom has moist air - moisture protects the sensitive tissues in your nose and throat from drying out and becoming vulnerable to cold viruses. Dry air can also cause headache
- Reduce heat in your living area at night
- When the air is dry, your skin will be dry, flaky and itchy. Use a moisturizer

Prevention tip: **wash your hands often** and do not put them near your eyes, nose or mouth as this is the most common way for viruses to be introduced into your body.

EMOTIONAL HEALTH

laughter and play – embrace winter games and sports, do something silly, be child-like
 find sunshine, look for a sunny window and sit in it for as long as possible each day
 manage your workload to allow for the unexpected. Reduce the stress of having too much work and too little time

find a creative outlet -

keep a journal - describe your experiences and tell how you feel about it
 all sketch, paint, dance, sing

IDEAS FOR STRESS MANAGEMENT

- find a creative outlet -
 keep a journal - describe your experiences
 and tell how you feel about it all
- find a balance between work and play
- stay physically active, preferably out of doors
- laugh
- make friends
- manage your workload to allow for the unexpected. Reduce the stress of having too much work and too little time
- exercise your creativity
- check out the resources of your school and community