



Get outside!

Just because it's winter doesn't mean you have to stay inside and never see your friends. Here are some ideas of outdoor winter activities in/near Chicago:

- 01 | Midway Plaisance Ice Rink - right on campus!
- 02 | Millennium Park Ice Rink
- 03 | Maggie Daley Park Skating Ribbon
- 04 | Northerly Island Snowshoeing
- 05 | Christkindl Markets - Downtown & Wrigleyville
- 06 | ZooLights - Lincoln Park Zoo
- 07 | Cross-country/Downhill skiing & Snowboarding - suburbs/WI



Find indoor fun

There is plenty of warm, indoor fun to be had in Chicago. Art, theater, sports, comedy, dance, movie nights, ...and when all else fails: food.

- 01 | **Art Museums** - Art Institute, Museum of Mexican Art
- 02 | **Other Museums** - Shedd Aquarium, Field Museum, MSI
- 03 | **Conservatories** - Garfield Park, Lincoln Park
- 04 | **Theater** - Lyric Opera, Shakespeare Theater Navy Pier
- 05 | **Improv Comedy** - Second City, IO, Revival Theater
- 06 | **Dance** - Joffrey Ballet
- 07 | **Sports** - Bulls, Blackhawks - United Center





Get hygge

Hygge (pronounced “HOO-gah”) is a Danish word and cultural concept that encompasses a feeling of cozy contentment and well-being through enjoying the simple things in life. To create a hygge environment, light some candles, invest in a couple of cozy blankets, and set up soft lighting in your room. Put on your coziest sweatpants, curl up with a good book and a warm drink, and you will be in hygge heaven!



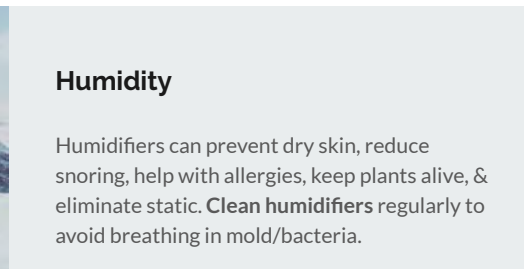


Household



Heating

Space heaters, blankets, warm socks & slippers, carpets/rugs. Is heat included in rent? Contact your utility company and **budget** ahead!



Humidity

Humidifiers can prevent dry skin, reduce snoring, help with allergies, keep plants alive, & eliminate static. **Clean humidifiers** regularly to avoid breathing in mold/bacteria.



Water pipes/plumbing

Run water from the tap to keep pipes from bursting (20F, -6.6C outdoors). Just a **drip** or **dribble** will suffice. Leave cabinet doors open to allow air to circulate.



Cars & driving



Check tire treads/pressure

Treads take a lot of abuse during the winter. Insert a penny head down--if you can see all of Lincoln's head, it may be time to replace your tires.



Buy a windshield scraper

Trust me. Buy one that has a brush. Check your windshield wipers and wiper fluid to ensure visibility.



Drive safely

When weather conditions are poor or you see other cars fishtailing, **reduce your speed** and **avoid sudden braking**. If your car begins to slide, **turn into the slide**.

Pets

Keep an eye on pets near **radiators and fireplaces**.

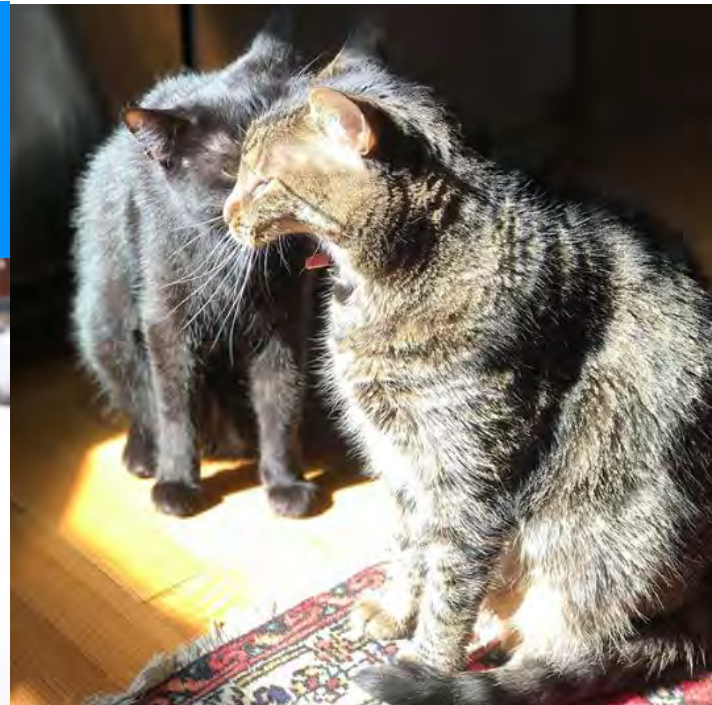
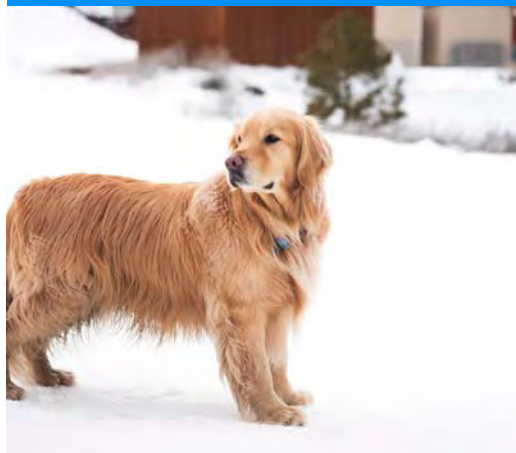
Make sure paws are dry (**booties/protective footwear & petroleum jelly**) and protected from salt and chemical agents.

Brush pets but keep grooming to a **minimum**.

Do not leave pets outdoors for lengthy periods. Make sure your pets are chipped.

PRO TIP

Pets are an excellent source of warmth. Lure them into snuggling with treats and fuzzy blankets.



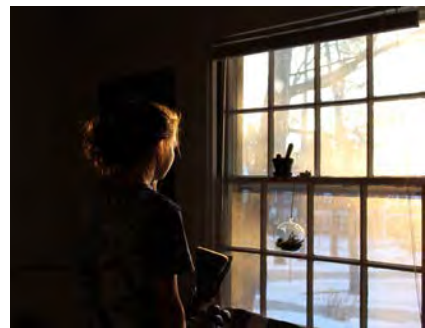


Mental health & wellness

With waning daylight hours and colder temperatures, it is normal to experience a slight case of the winter blues. Changing seasons can affect mental health.

If you notice a depression that recurs seasonally every year, you may be experiencing Seasonal Affective Disorder (aka SAD). According to the National Institute of Mental Health, Seasonal Affective Disorder is “a type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer.”

Those with other, year-round mental illnesses may also notice an influx of symptoms with the changing of seasons.





Coping with the winter blues



Find that natural light!

Whether it's basking in the sun through your window, or investing in a sun lamp, getting exposure to natural light can be crucial during the darker months.

Eat healthy

Over the winter months, as we get less and less sunlight, vitamin D is insufficiently produced in our bodies. Eating healthy/taking supplements is extra important in the winter!



Stay active

Find indoor exercise options so that you can stay physically active during the winter. Having a regular workout routine can boost your energy and improve your mood.



Mental health resources

University of Chicago provides a plethora of medical and mental health resources for students. Do not be afraid or ashamed to seek help when you need it.

Student Counseling Service (SCS):

<https://wellness.uchicago.edu/mental-health/>

“Sunny Spots” map and campaign:

<https://wellness.uchicago.edu/healthy-living/wellness-programming/sunny-spots/>


Well-Being Initiatives:

<https://wellness.uchicago.edu/healthy-living/wellness-programming/>

Spiritual Life’s “Breathing Room”:

<https://spirit.uchicago.edu/get-involved>





**Thank you & stay warm
out there!**

