WINTER SURVIVAL TIPS

The winter months are among us here in Indiana, so here are some great tips to get you through the cold months ahead.

In extremely cold weather, the best approach is to minimize exposure to cold. Stay indoors when possible.

If you have to go outdoors during a cold snap, dress warmly and cover exposed skin. Be sure to keep your fingers, toes, nose and ears covered and warm to prevent frostbite. This is not the time to wear shorts or flip-flops outside! Loose layers of clothing can help trap warm air to keep you insulated from the cold. And by wearing layers, you can keep warm outdoors then remove outer layers when you get back inside.

Going out at night? It’s best to stick with friends and use the buddy system. Walk together or get a ride.

Severe cold weather, especially combined with wind, can cause:

- **Frostbite** - This occurs when tissues freeze. It usually affects exposed skin, plus fingers, toes, nose and ears. See more on [frostbite from the CDC](https://www.cdc.gov/media/releases/2021/p0217-winter-safety-tips.html).

- **Hypothermia** - This is a dangerous cooling of the body core temperature that requires emergency medical assistance. See more on [hypothermia from the CDC](https://www.cdc.gov/media/releases/2021/p0217-winter-safety-tips.html).

Have a car? Make sure it is well-prepared for the Indiana winter. Also remember to give yourself extra time to get places because busses run slower, walking is slower, most things are just slower in the winter. You can fight it, or you can just start earlier.

Keep moving by utilizing recreational opportunities here on campus such as sledding, tubing, or using the different exercise facilities at the Co-Rec.

If you're feeling squirrely from staying indoors, try boardgames, decorating/redecorating, cleaning, organizing for the new semester, making paper snowflakes, putting up pretty lights, etc.

This season is a great time to reconnect with friends and family, and to reflect on what makes life worth living. Some people have celebrated winter as a time of slowing down, recharging, taking stock, savoring the sweetness of life and communion with others. And weren't potlucks invented just for friends to banish winter's cabin fever?

Just remember that not long from now, the first tiny flowers will start to bloom, welcoming spring.