

what it takes

For All Students

February 11, 2024

Breaking the Winter Blues

Hey there Dons and Red Foxes!

Compared to what we usually get, this winter has been pretty mild. But as many of you know, it's the one season of the four in Indiana that's most likely to overstay its welcome. Even when the snow and ice is minimal, dreary days filled with fog, rain, and clouds are enough to make anyone wish for a sandy beach and sunny weather. So how do we manage when winter seems to linger?

Here are a few tips to help you manage the "winter blues":

1. **Get outside.** Even if it is raining, cloudy, and cold, the fresh air will reinvigorate your senses and help you feel more connected to the world.
2. **Get moving.** When you just feel like you don't want to do anything, it's time to exercise your body. Go to the **Fitness Center**, take a walk outside, do a workout video, some jumping jacks, a few pushups, or just run in place. It's an instant mood booster!
3. **Get social.** Hang out with friends and family, call someone you haven't talked to in a while, spend time in public around other people—even it's just people watching at a coffee shop—or go to a **sporting event** or concert. Think about hosting a mood-improving theme party. Just like the way-too-early switchover at your favorite big-box stores, maybe consider throwing the first big bash of the summer long before the calendar would suggest it's time!
4. **Get laughing.** Watch a silly movie or stand-up comedian, have a joke contest via text with friends, or put on your own improv show.
5. **Get healthy.** No one likes to be reminded to eat their veggies or get enough sleep, but it's really important to make sure you are eating a balanced diet and practicing good sleep hygiene. Set that alarm on a regular schedule to keep your mind in its best possible mood. Of course, always check with your physician before adding new supplements to your routine, but making sure your body has the right balance of vitamins and minerals is key.
6. **Get some light.** Sit next to a window while you study, open all the blinds, and when you see the sun, get out to enjoy it for a few minutes. You can also pursue light therapy devices, which are sometimes referred to as "happy lamps," or jump in a tanning bed for a couple of minutes to get a full-body light dose. But be sure not to damage your skin with lengthy tanning.
7. **Get positive.** Have an affirming mantra you practice on a regular basis. One way to do this is changing passwords to something fun and validating. You have to type them a

million times a day anyway, so you may as well make them something fun!
“Lifeisawesome2024” or “Iamthecoollesthumanever001” are suggestions, but make up a good one of your own.

8. **Embrace the winter.** If the weather allows, do ALL those winter things we’ve mostly missed out on in recent years. Go sledding on your favorite hill, grab a toboggan at Pokagon State Park, cross country ski, or skate at the SportONE/Parkview Icehouse or Headwaters Park. And if none of that is possible, wrap up in a warm blanket, cozy sweater, or soft scarf and have yourself a steaming cup of hot cocoa or warm tea. Mindfully soak in the warmth and comfort.

Hopefully these ideas help you manage the rest of the coldest season.

Of course, if you find yourself feeling sad every day, have trouble finding pleasure in things you typically enjoy, or experience major changes to your mood, appetite, or sleep patterns, it could be more than just the winter blues.

Please reach out for help if you are having a mental health crisis, or if you just need someone to talk to. The **Center for Student Counseling** is reachable at csc@pfw.edu or 260-481-6200.

Sincerely,

Kerrie Fineran
Interim Associate Vice Chancellor for Student Wellness

Krissy Surface
Vice-Chancellor for Enrollment Management and the Student Experience

PURDUE UNIVERSITY
FORT WAYNE



View this email [online](#).

2101 E. Coliseum Blvd. | Fort Wayne, IN 46805 US

This email was sent to .
To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.