

WINTER SURVIVAL TIPS

Winter is a busy time. Between finals, holiday gatherings, work, traveling, family time, and general fun, it is normal to feel overwhelmed. Take steps to head into the new year a healthier, happier you.

Keep moving. It is easy to want to hibernate when the weather turns cold. Stave off extra holiday pounds and the winter blues by having a regular fitness routine. Schedule your workouts like a meeting or class. Don't let other commitments interfere.

Balanced diet. Many winter traditions revolve around food. Don't deprive yourself of your favorite foods and treats. Balance them with healthy meals full of fruits, veggies, whole grains, lean protein, and drink lots of water.

Budget busters. Gift giving and social obligations can quickly drain your wallet. Using the cash method can help curb overspending. Withdraw your budgeted amount for shopping or a social gathering, and leave debit/credit cards at home.

Beat winter blues. Cold, dark winter months and the holidays can be emotionally tough. Be as active as possible. Spend time with friends, volunteer, or take a walk during the day to get some sunshine. If your blues do not subside, talk to someone. Students can call Student Counseling Services at (309) 438-3655. Faculty and staff can get help through the Employee Assistance Program at (866) 659-3848.

Feeling frazzled. Juggling family, friends, work, and school commitments is stressful. Make sure your expectations for what you can do are realistic. Remember, it is ok to say no and to put your own well-being first.

Get your Zs. Everything is harder when you are low on sleep. Make sleep a priority, even when life is busy. Try to maintain regular bed and wake up times, and get the recommended seven to nine hours of shut-eye.



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