Surviving and Celebrating an Iowa Winter!

**Dress for the Winter**
- Down or Thinsulate coat
- Warm boots with good traction
- Wool socks, cozy sweaters & fleece
- Invest in sleek thermal underwear
- Buy fun colored hats and gloves
- Always wear a warm neck scarf
  - Use this over your face if the wind blows
- “Yak Traxs” or steel grippers to put over your boots for walking when it’s icy.
- Ear muffs or head bands to protect ears
- Sun glasses

**Get Out And Enjoy!**
- Ice skating
- Sledding
- Tobogganing
- Cross country skiing
- Downhill skiing
- Ice hockey
- Snowboarding
- Hiking in the woods or at a park
- Winter camping

**Home Care**
- Buy a snow shovel, salt and sand for your sidewalk
- Keep your furnace in good repair
- Turn your thermostat down
- Keep flashlights & batteries handy
- Flannel sheets & down comforters are friends
- Stock your pantry
- Plan ahead; go to the grocery store before the big storm hits.

**On the Road**
- Learn to drive on snow and ice; slow down
- Keep your car in good repair
- Keep your phone charged in case of emergencies
- Have an ice scraper & snow brush & shovel in your car
- Keep a blanket, water & snacks in your car
- Be mindful of street snow plows

**Connect With Friends**
- Go out for dinner
- Invite friends over for a party or dinner
- Have a game night
- Exercise with a friend
- Study with friends
- Go to a movie with friends
- Join an indoor sports team
- Plan a skating party

**Keep the Home Fires Burning!**
- Warm up with hot tea or hot cocoa
- Simmer a stew or soup
- Bake cookies or a cake on a snowy day

**Be Creative**
- Enjoy the sparkle of sun light on new fallen snow
- Take pictures of the beauty of winter
- Play music while watching snow fall outside your window
- Knit, draw, crochet, paint, journal, sew
- Take a fun mini class in cooking, dance, writing, photography, art or a winter sport
- Join a singing group
- Do a Pinterest Project
- Use an adult coloring book

**Cognitive Comforts**
Remember: An Iowa winter usually lasts from November to March and may only last from December to March. There are two long semester breaks during this time. February is the shortest month with only 28 days. And the spring flowering Crocuses are always blooming in Iowa in March!

**If Your Mood Falls, Consider**
- Light therapy
- Working to change negative thinking to positive ~ Positive Psychology
- Scheduling a consultation at the University Counseling Service