WINTER WELLNESS ZINE

MADE BY PEER HEALTH ADVOCATES
VITAMIN D DEFICIENCY

- The lack of sun during winter time can result in a vitamin D deficiency which is one of the essentials for physical well-being and growth.

- To combat this, you can talk to one of our providers to see if vitamin D supplements might be a good fit for you!

- Sunlight lamps and sunrise clocks are also a helpful way to get some extra sunlight in, regulate your body, and keep your routines going.

P.S. one of our PHA’s is obsessed with their sunrise clock
BEATING THE WINTER BLUES

- During certain seasons of the year, specifically the winter, the lack of daylight and shorter days can decrease motivation in personal, academic, and social life.

- These factors may trigger a chemical change in the brain leading to symptoms of depression.

- Aside from feeling down and blue, these mood changes can also be a sign of and or lead to Seasonal Affective Disorder (S.A.D.).

- Whether your symptoms are mild or severe, Student Wellness is here as a resource to better assist with counseling and treatment.

TALK TO US

24/7 Therapist On-Call: 773.702.3625
Schedule Appointments: 773.834.9355
Did you know that our bodies are more prone to cold/flu infection in the winter?  
  ○ This is due to the nasal lining being cooled during the cold months and therefore leaving our bodies defense mechanism open against this bacteria.

How do we combat this?
  ○ Frequently washing hands with soap and water.
  ○ Not touching the eyes, nose, or mouth.
  ○ Staying away from people who are already sick.
  ○ Staying home IF we do get sick.
  ○ Wearing a mask!

P.S. everyone can hear you sneezing in lecture... please stay home!
WAYS TO PRIORITIZE PHYSICAL WELLNESS CARE IN THE WINTER

- Aside from moving your body, here are some ways you can prioritize your physical wellness during the cold months!
  - Stay moisturized! This includes both body and lips since the body is more prone to dryness and cracks during the winter.
  - Wear sunscreen! Yes, you read that right. Even though it’s winter, it’s still necessary to wear sunscreen to avoid UV radiation especially with snow reflection that can amplify UV.
Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.
SUNNY SPOTS ON CAMPUS
CREATED BY STUDENT WELLNESS
ACROSS
2. UChicago’s school mascot
5. Virtual mental health service for UChicago students
6. Doctors recommend you get at least 7 to 9 hours of this

DOWN
1. What the winter lacks
3. A type of care that Student Wellness provides
4. A holistic integration of physical, mental, and spiritual well-being; think of the Student ______ Center
Medical Services:

Mental Health & Counseling:

Health Promotion:

Student Insurance: