

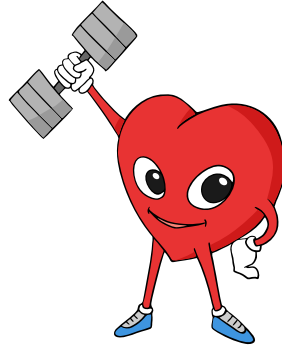
WINTER WELLNESS ZINE

MADE BY PEER HEALTH ADVOCATES

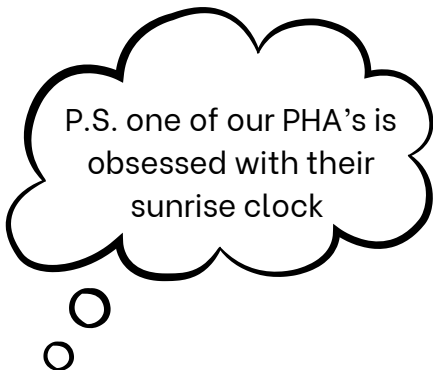


VITAMIN D DEFICIENCY

- 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.



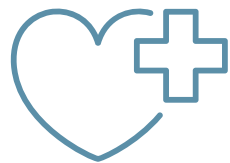
- To combat this, you can talk to one of our providers to see if vitamin D supplements might be a good fit for you!
- Sunlight lamps and sunrise clocks are also a helpful way to get some extra sunlight in, regulate your body, and keep your routines going.



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

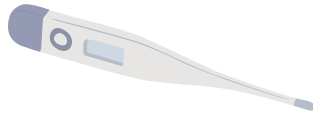


24/7 Therapist On-Call: 773.702.3625

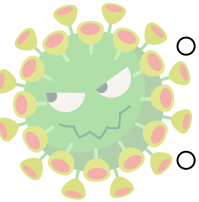
Schedule Appointments: 773.834.9355

BE WARY OF THE FLU + COLD!

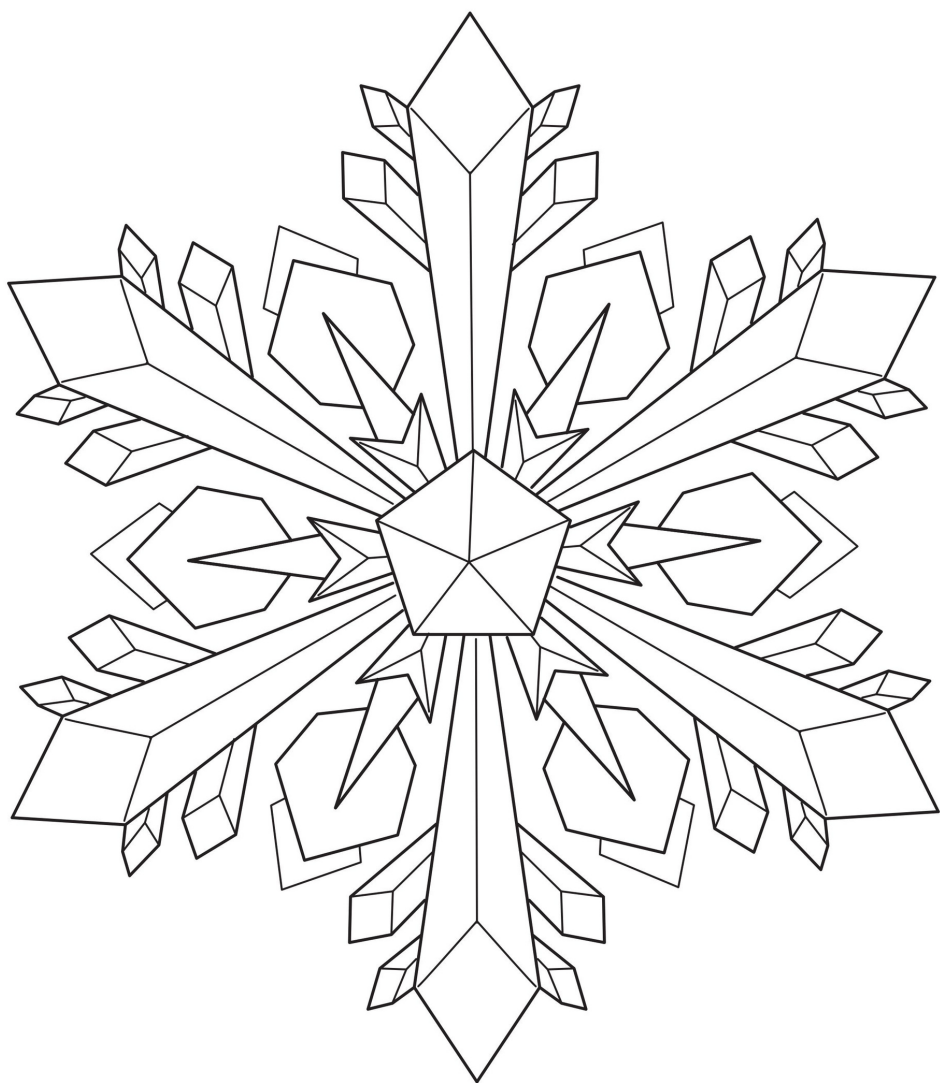
- Did you know that our bodies are more prone to cold/flu infection in the winter?
 - This is due to the nasal lining being cooled during the cold months and therefore leaving our bodies defense mechanism open against this bacteria.



- 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!



Homemade
GIFTS MADE EASY

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.



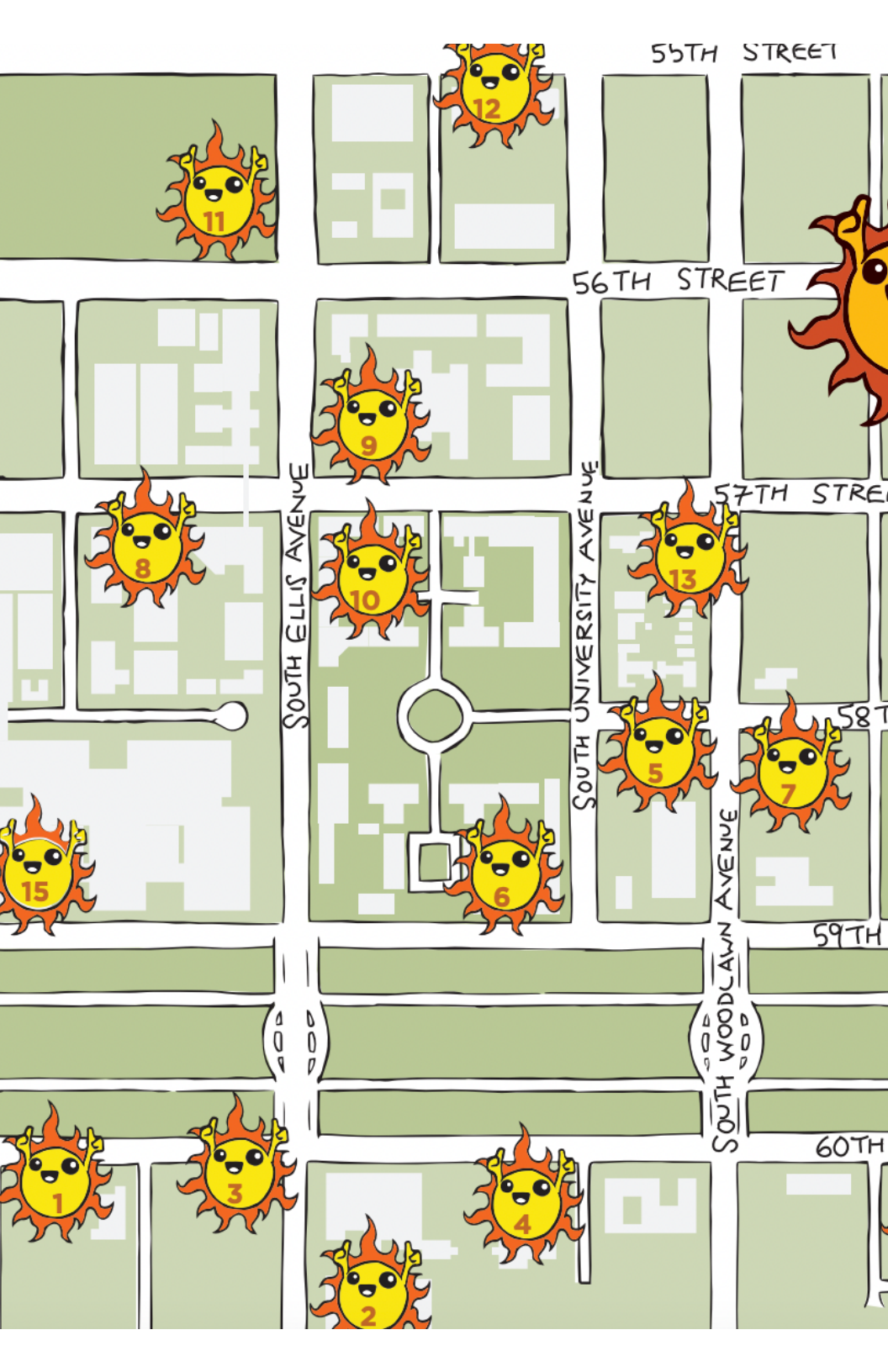
- Wear sunscreen! Yes, you read that right. Even though it's winter, it's still necessary to wear sunscreen to avoid UV radiation especially with snow reflection that can amplify UV.



SUDOKU

	9				3	8		
			2		8	3	7	
	3		7	9	6		1	4
		8				1		3
	7	4	8				5	2
3	2		4	6			9	
6			3	1		2	8	
7	5	3	9			4		
2					4	9		

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.





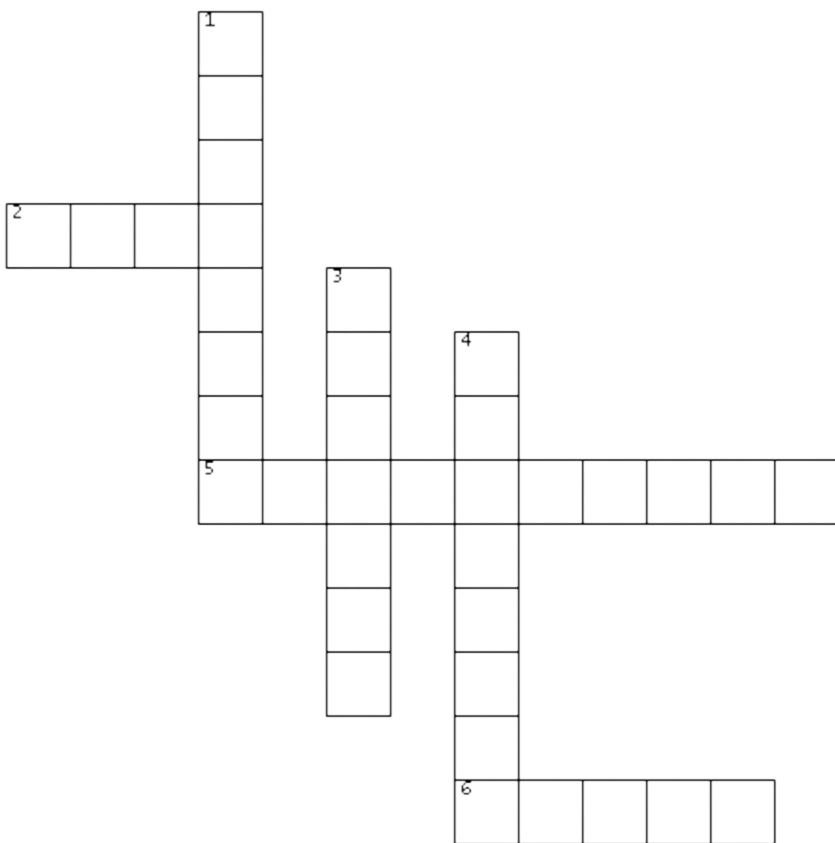
SUNNY SPOTS ON CAMPUS



created BY STUDENT WELLNESS



WINTER CROSSWORD



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



UChicago **Student Wellness**

773.834.9355 | wellness.uchicago.edu

Medical Services:



***Mental Health &
Counseling:***



Health Promotion:



Student Insurance:





PEER HEALTH
ADVOCATES



UChicago
Student Wellness