Surviving
Thriving in Winter

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Badger Buddies
January 29, 2024
About Me

• Nutrition researcher
  • Surgical nutrition support
  • Optimize liver metabolism in intravenous nutrition

• Ph.D. in Nutritional Sciences
  • Studying to become Registered Dietitian
  • Worked with SNAP-ED, Student Health at UIUC

• From Nebraska
• Used to be a chef
Seasonal Challenges

- Less Sunlight
- Winter Brain
- ↓ Serotonin

- Anxiety & Depression
- Decreased cognitive function
- Decreased mood
- Altered circadian rhythm
How do you feel in the winter?
Seasonal Affective Disorder

- Over-sleeping
- Over-eating
- Social Withdrawal
What to do?

Listen to your body
Support that winter brain
Winter Light Therapy

• 15-30 minutes per day, before Noon
  • Turn the lights on early
  • Go outside
  • Light box/light therapy lamp
    • 10,000 lux
Exercise

• Stimulates “good mood” neurochemicals
  • Dopamine, noradrenaline, serotonin

• Improve cognitive health and memory

• Activities
  • Aerobic
  • Yoga
  • Tai chi
  • Resistance training
Wisconsin Winter Activities

**Outdoor activities**
- Ice Skating
- Snow-shoeing
- Cross-Country Skiing
- Hiking
- Winter Festivals
- Sledding

**Indoor Activities**
- Museums
- Thrifting for Winter Gear
- Cook a nourishing meal
- Movie or show
Winter Food

• Look for good sources of immune boosting nutrients
  • Citrus, berries, kiwi
  • Bell pepper, sweet potato, root vegetables, mushrooms
  • Fatty fish, legumes, tofu, meat
  • Beans, legumes, whole grains,

• Consider supplements
  • Vitamin D, B-complex
  • Multivitamin

• Hydrate
  • Dry air
  • 6-8 cups of water per day
Winter Food

• Low-sodium Canned and Frozen vegetables save time & money
  • Shop seasonally
• Access local food support if needed
  • Food pantries, soup kitchens
• Try new recipes, cook in bulk

• Limit
  • High sugar
  • Alcohol
  • Simple carbohydrates

How does your diet change in the winter?

What do you like to eat?
Chickpea Tomato Stew (modified Pasta e Fagioli)

Yield: 8-10 cups
Cost: $10-15

- 1 yellow onion
- 5 cloves garlic
- 1 bag of frozen stir-fry veggies
  - Or veggies of your choice
- 1 15 oz can of diced tomatoes
- 1 28 oz can of crushed tomatoes
- 2 15 oz can of chickpeas
- 1 14.5 oz can of low sodium chicken or vegetable broth
- 1-2 tsp dried herbs (oregano, thyme, rosemary, basil)
- 2 Tbsp vegetable oil

- Saute onion, garlic, 1 tsp salt and pepper in oil over medium heat until soft and translucent.
- Add frozen vegetables and cook until dry
- Add diced tomatoes, tomato sauce, broth, and dried herbs. Bring to a simmer and cover for 15-20 min.
- Add chickpeas and a bit of water to get a good consistency. Add salt to taste

Optional
- 1-2 cups of cooked pasta or rice
- Lean ground beef or shredded chicken
- Kale or spinach
- Cheese
- Add ground spices
  - Cumin, paprika, or chili powder
Depression

• Symptoms
  • Sad, anxious, “empty” mood
  • Hopelessness or Pessimism
  • Irritability, frustration, restlessness
  • Guilt, worthlessness, helplessness
  • Loss of interest or pleasure in hobbies and activities
  • Decreased energy, feeling fatigue or slowed down
  • Difficulty concentrating, remembering, making decisions
  • Changes in sleep, appetite, weight
  • Headaches, cramps, digestive problems,
  • Thoughts of death, or suicide

Employee Assistance Office
Confidential consultation services for UW-Madison employees and their families

Schedule a confidential appointment
608-263-2987
eao@mailplus.wisc.edu
Lowell Center
610 Langdon Street
8 am–4:30 pm
Map
Information Resources

• https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder
• https://www.health.harvard.edu/blog/light-therapy-not-just-for-seasonal-depression-202210282840
• https://www.apa.org/topics/exercise-fitness/stress
• https://www.uwhealth.org/news/developing-a-covid-19-winter-resilience-toolkit-is-important-for-mental-health
• https://health.clevelandclinic.org/how-foods-impact-your-mood

• Support
  • St Vincent De Paul Stores- https://svdpmadison.org/
  • Dane County Food Pantries - https://www.cacscw.org/services/food-security/food-bank/dane-county-food-pantry-network/
  • Employee Assistance Office - https://hr.wisc.edu/employee-assistance-office/
Activity Resources

• Winter Festivals
  • https://trollway.com/scandihooovian-winter-festival
  • https://www.visitmadison.com/event/frozen-assets-festival/58745/
  • https://union.wisc.edu/events-and-activities/special-events/wintercarnival/

• Outdoor Activities
  • https://www.cityofmadison.com/parks/iceskating
  • https://www.cityofmadison.com/parks/snowshoeing
  • https://dnr.wisconsin.gov/wnrmag/2020/Winter/hiking

• Museums
  • https://chazen.wisc.edu/
  • https://www.visitmadison.com/listings/madison-museum-of-contemporary-art/177955/
  • https://museum.geoscience.wisc.edu/
  • https://mustardmuseum.com/
  • https://www.visitmadison.com/listings/madison-childrens-museum/177956/
Thank you!

Questions?
Discussion?

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