

A 2020 Winter Prep Guide

Between the pandemic, the weather, and the short days, this winter could be more challenging than the average. Here's a small **checklist** of things you can do *now* to be (and feel) more ready.

PHYSICAL HEALTH:

- ➔ Due for a **dentist, optometrist, or doctor** appointment? Make it now and get it out of the way.
 - ➔ Get a **flu shot** as soon they're available.
 - ➔ Plan for a simple 20+ minutes of low-impact physical **activity** every day. Ideas:
 - Find a YouTube exercise video you like.
 - Plan a route for a daily 20-minute walk.
 - Check your local community centre for physically-distanced or virtual fitness programs.
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SOCIAL & EMOTIONAL HEALTH:

- ➔ Talk about **Thanksgiving** with family & friends. How will you keep your bubble small? Will some attend virtually? Maybe you want to order a pre-cooked meal? It's good to start planning early.
 - ➔ Draft a weekly schedule for **social activities** and invite your friends to regular get-togethers. Connect by Zoom, phone, outdoor walks, or at local cafes.
 - ➔ Write down the name and number for **a person** you know you can **call** on a tough day. Keep it near your phone.
 - ➔ Set an intention to **make phone calls**, rather than waiting for someone to call you.
 - ➔ Start learning to **meditate**. Google how-to videos (or contact the Knox office for a simple script).
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STOCK UP:

Stock up now –support our neighbourhood by shopping at local small businesses as much as possible.

- ➔ Do an inventory your **medicine cabinet** and pick up the essentials: prescriptions, tissues, pain killers, lozenges, hand soap, toothpaste, masks...
- ➔ Buy some **electric candles** at the dollar store to light up the dark winter evenings.
- ➔ Pick up a **sudoku** or **crossword puzzle book** at the dollar store.
- ➔ Grab a **jigsaw puzzle** at the local bookstore or thrift shop.
- ➔ Pick up a **new winter jacket** &/or **waterproof shoes** for dryer outdoor activities. Something cozy, trendy, more waterproof, lighter weight...
- ➔ Treat yourself to a nice new cozy pair of **socks** or **slippers**.
- ➔ Stock up on **greeting cards** and **Christmas cards** and buy a small roll of **stamps**.

- ➔ Grab some spare **batteries** – AA and AAA are most often needed.
 - ➔ Buy a few frozen meals and canned soups for your **pantry** (ideally low-fat / low-sodium!).
 - ➔ If you haven't arranged for **grocery deliveries**, this is a good time to set something up.
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PREP SOME ACTIVITIES:

- ➔ Join the Knox **Book Study** this fall – *Simply Jesus*. Contact Rev. Richard for more info and to register.
- ➔ Pull out an old photo album, and **frame** some of **your favourite photos**. Visit a local decor shop for something trendy, or try the thrift shop for unique, eclectic frames. Then place them around your home.
- ➔ Identify a small source of **annoyance** in your life and **end it**. For example, clean out your junk drawer, or oil your squeaky hinges.
- ➔ There's no better time to try out a **tablet**. They're quite inexpensive can be set up for quick and easy access to Zoom, fun apps, and your favourite websites. Contact the Knox office if you'd like to connect with someone for some tech advice.
- ➔ Pull out your old albums, tapes, CDs... or Google your favourite musicians and bands to play on YouTube. Set everything up for a daily **music** party.
- ➔ Set up a game you can **play virtually** with a friend (eg. online Scrabble).
- ➔ Wash your cozy **blankets** and **throws** on a gentle cycle. Treat your **toss cushions** to a cycle in the dryer – no heat, air only.
- ➔ Start a new **hobby!** If you've always thought you'd like to knit, paint, draw or scrapbook, there's no better time to try it. Pick up the supplies you need at the local craft or hobby store.
- ➔ Everyone has a "to be **read**" book (or pile of books). Time to dig out that book – or pick up a copy at the bookstore or library – and put it close at hand.
- ➔ Do you have **knitting** or **sewing** skills? Contact local charities to find out how you can help. This could be a great time to make blankets, mittens, socks, masks...
- ➔ Start or renew a **magazine subscription** (call or subscribe online). Cooking, travel, history, culture, cars... the topics are endless!
- ➔ If you stocked up on greeting cards (see last section), once or twice a week, **write a card** to a friend, neighbour or family member and pop it into the mail. They'll love receiving a nice surprise by post.

- ➔ If able, **donate** to your favourite charity. They're having a harder time raising money during the pandemic, but often the need for their services hasn't gone away. You'll feel good knowing you helped them out this fall.

- ➔ Feeling brave about tech? An **Amazon Prime** or **Netflix** account will deliver endless movies, TV shows to your computer, laptop, tablet, smart phone, or smart TV. Now is a great time to register, and the monthly subscription costs are low (usually under \$10).

- ➔ Why not update your first aid and earthquake preparedness kits?
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/buildanemergency-kit-and-grab-and-go-bag>