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Metaphors for cold weather

What is a metaphor for winter. Funny metaphors for cold weather. Similes and metaphors for cold weather. What is a metaphor for cold.

Do you remember the days of snow when you were a child, when your mother didn't let her go and play until you've been stratified under a real mountain of jackets and sweaters? Or did your grandmother tell you that you would have a € œCatch your deathâ € walking to meet your friends in January? What alternative cold and fluid remedies actually work? Most of us grew believing that cold weather was a threat to our health - and, yes, freezing temperatures are quite dangerous when it comes to problems such as hypothermia and freezing. But when it comes to â € ¤Winter malagtsâ € like cucumbers, the cold factor is not really the problem. In fact, some research indicates that cold environments could actually be good for us, and jump gloves on a cold day could lead to chapped hands, but probably is not going to give a virus. So if the cold air is not so harmful as we thought, why do we think it is? Why has this belief has been handed down for so many years? Well, to begin with, the rates of influence and viruses are higher in winter. Stream cases in the United States usually peak between December and February each year. Viruses, colds and strepto throat are more common during the winter months, but not necessarily for the reason you might think. The exposure to the cold itself does not lead to a case of influence, as your grandmother could have believed, but winter climates play a single role in the disease allowing the influence of spread. â € ¤Then studies have shown that some viruses, such as those who cause influence, have thrown and widespread more effective in cold and dry timeâ € ¤, says Chad Masters, M.D., medical director of Medexpress Urgent Care. (Wherever heat tends to kill pathogenic agents like bacteria and viruses.) â € ¤This can help explain why cold and influence â € ¤ experience occurs during winter, and because mild winters can sometimes Bring to a less serious influence season. â € ¤œtuzzo, draining does not really fight this phenomenon â € ¤ "you can still take a cold if you are covered to pointed head on knitwear or randling naked foot in the snow. (But you know, not actually frozen barefoot in the snowâ € ¤ "frost is still real.) So viruses hit a high point in winter, and when they combine that with dry interior heating and change Temperature abrupt to walk in hot buildings from the cold outside, you have a perfect non-so-fun storm. The cold and dry air has been associated with influenza and pneumonia and can be terrible for people with asthma, in particular, while floating temperatures can also create blood pressure problems. In reality, all the time you spend indoor in winter is probably a very bigger guilty. Spend months at the end of cooped Doesn't exactly do wonders for our health. Filled air and indoor household allergens, such as dust, can be a nuisance, and indoor socialization facilitates the spread of germs. â € ¤Consider the winter holidays.â € ¤says the Master. â € ¤Friends and family gather in one place holidays and exchange gifts, hugs, food and germs. Sure, this sounds a little Ebenezer Scrooge, but the truth is that when the windows and doors are closed, we're all breathing pretty close to each other, both at home and at work. (I know, it sounds a little disgusting when you think about it that way.) On top of that, spending time indoors contributes to seasonal health problems due to the lack of vitamin D from the sun. â € ¤The theory I think holds the most weight is that we're out of vitamin D by the time January comes around.â € ¤suggests food expert Katie Kimball of Kitchen Stewardship. But if you feel like you're not getting enough vitamin D, your doctor can find out if you're deficient with a quick blood test and prescribe supplements to get the levels back. Besides, it doesn't help if everyone is really tired. Getting a good night's sleep can be a challenge at any time of the year, but winter is especially great to throw a monkey key into our sleep programs. Previous sunsets, lack of vitamin D, and winter blues... all these factors can make it harder to get your zzz. In addition to making us want to sleep at our desks, lack of sleep can also weaken our immune system, making it easier for us to get sick. Taking care of yourself in winter goes much further than just bundling up - here's how to stay healthy. Staying warm is great, but you can increase your chances of staying healthy this winter by taking good care of yourself: Fill your body with Vitamin D-packed foods, sleep properly, and take the time to exercise, and you will get that extra boost during a season when stress levels are high viruses and cat are uncertain around every corner. Of course, this is easier said than done when the winter blue just makes you want to eat a whole plate of cheese while hiding under your comforter, but still.1. Go away. Influential strokes arouse polarizing feelings, but at the end of the day, they are critical to keeping yourself and your community healthy. If you're healthy enough to get one, it's important that you do it, because it helps safeguard people who aren't able to get the shot and would have a hard time fighting off the virus.â € ¤œit's so important to get your flu shot before the cold and flu season starts.â € ¤TM Masters says. â € ¤œA flu shot doesn't only helps protect from the flu, but also friends, family and colleagues too. "2. Exercise. Breaking a sweat is good for both your mental and physical health in the colder months. Regular workouts can contribute to a strong immune system and can improve your mood. (And of course, if your winter goals include having an IRL peach emoji ass, exercise can with this too.)3. Many people suffer from season-loving disorder (sad,) a type of depression typically carried out in the winter months. even if you only try mild winter blue, do not forget that it is worth taking a few minutes out of your day to feed yourHealth. This could mean taking time to do something that makes you happy, like reading a book or taking a walk. It could also mean reaching your favorites, getting a good amount of sleep, or talking to a therapist. Some people swear by light therapy, which can help boost your mood on grey days.4. Wash your hands. Like, a lot. Wash them before and after handling the food, whenever you blow your nose or touch garbage, and then hold on a grimy pole on public transit. Take care not to touch your face too often during the day to avoid spreading germs. (I can't be the only one who uses my hand as a chin rest when I'm sitting in front of my laptop.) When it comes to it, spending a day out in the cold isn't really going to cause a cold. You'll still want to do the bundle, but that's only because no one likes to be shivering during their morning commute. (And because hypothermia. Nobody wants hypothermia, right?) Knowing the real reasons for winter sickness is one of your first lines of defense to stay well, so use your new wisdom to send colds and packing the flu. Here's to a healthier winter season. Claire Hannum is a writer, editor and traveler from New York. When the alarm goes off in the morning and it's still dark and cold outside, most of us find it hard to get out of bed. During the long winter months, feeling tired and finding it hard to stay excited seem to be regular complaints for many of us. Factors such as the temperature and the amount of light we receive during the day in this season can play an important role. When the temperature rises in summer, sleeping becomes difficult as we throw and spin in the sheets and fight to keep the stifling heat at bay. Our body needs to cool off for us to fall asleep, so being in a cooler environment can be helpful. " Does this mean that colder weather makes us feel more sleepy? Not necessarily - being incredibly cold can be a hindrance too", says sleep expert Dr Sophie Bostock from Sleepio. " The optimal sleeping temperature is around 18Â°C, so colder than the typical room temperature. This means that it is often easier to get good quality sleep in winter than on wet summer nights, only as long as you avoid having the heat up too high. " But winter can also make it more challenging to set the right environment for rest. " In winter, you get cold during the day, you put the heater to full capacity in the house, and you can add extra duvets to your bed. This can affect your body's cooling system and you may end up struggling to fall asleep, to keep deep sleep and To feel alert during the day, "explains the Newcastle Dr. Kirstie Anderson's sleep expert which we are exposed. The connection between our internal body watch driving our sleep-wake cycle and the light was actually well established. Also As a "circadian rhythm", this "clock" is controlled by a region of the brain known as the hypothalamus, and alternates between drowsiness and alertness at regular intervals. Luminous intensity means it's time for bed, sending a signal to the brain that should start Preparing the body for sleep. While more light is associated with vigilance. When the brain receives low light, such as in the evening, the brain responds by sending a signal to the body to produce melatonin, the "sleep hormone", which prepares your body tired and ready for your body .In winter, the nights are longer and we get less light throughout the day and at lower intensity. This limited light exposure helps to explain why we can feel that we are more tired and need more sleep. The brain does not get the same signal to stay awake and feel as in summer during the day. "Even if you're sitting at work and getting artificial light all day, the intensity of this light is much lower than that natural light. Even when it's gray and rainy, you'll get more light intensity outside in the middle of the day, than inside the office. The problem is that people don't go out much and look for that natural light in winter". Anderson.it says it is also worth noting that the lower levels of light seen in winter have been linked to seasonal affective disorder (sad), a form of mild-moderate depression that arises at this time of year. People who are affected typically experience lower energy levels and poor mood, but also sleep problems. By providing your sleep in Winterso what can you avoid feeling sleepy during the day in winter and improve the quality of sleep? Working on those two factors - Light and Temperature - can make a big difference. They can be deceptive, fresh, quiet "The bedroom should be dark, fresh and quiet, with a light exposure contrasting as much as possible with the outside light. Avoid screens with artificial light, "Anderson points out to the outside for an outdoor walk to get natural light every day, even if it's rainy and foggy, it can also help you keep your energy levels. You can also try using a lightbox when you wake up to start your circadian rhythm. As much as possible, it is also a good idea to keep the same bedtime and wake-up time. Winter, one of the biggest threats to sleep is actually associated with the holiday season and the fact that people go to bed at irregular times and consume more alcohol. "There is more pressure to drink in winter because of all these parts. Even if in the short term alcohol acts as a sedative, the quality of sleep is interrupted. It leaves us a little more irritable and not as productive and notice. So it's all to be moderate, to deal better with this time of year and improve the sleep", concludes Bostock.Remember that if you suffer from chronic sleep problems such as insomnia, it is important that in addition to these lifestyle changes, you speak directly with your GP who can support you. They can potentially direct you to a sleep sleep or suggest effective strategies, such as cognitive-behaviour therapy, gold standards to help you sleep better. Sleep.

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