



# The Knight's Table



Do you feel depressed or sad during the winter times? It is commonly known as winter blues, while the medical name for it is Seasonal Affective Disorder (SAD). Don't worry, you're not the only one feeling that way! And it's totally normal. The weather is getting colder and the sun is setting faster. Which means we'll spend most of our times at home. You may wonder, is there anything I can do being stuck at home? And the answer is yes, there is actually plenty of things you can do to maintain your positive and happy mood while being inside. Winter blues are when you are feeling down, or more unhappy than usual in the winter times. Winter blues are mostly common during the months of November through February, because of shorter days and lack of sunlight. Winter blues can effect people of all ages, even children.

Being stuck at home can be boring and at times tedious. However, it is important to remain active and stay optimistic. Below are a list of activities you can do to beat winter blues.

## Get up and exercise!

Stay active! Exercising is one of the best ways and most common way to stay active during the cold days. Working out for at least twenty minutes a day, four times a week is proven to reduce discouraging feelings. Cardiovascular exercises such as running, jogging, and jump roping can not only keep you active. But it also improves your heart and strengthens your bone. If you're just not a fan of these big-movement activities, simple ones such as curl ups, push ups, high knees are also effective. Even something as simple as climbing stairs helps! If you don't want to get sweaty, yoga and simple stretches also helps. Exercising not only keeps your body active during the winter, but it also relaxes your brain.

## Making art or drawing

Get creative! Gather some art supplies and start doodling or creating your own art work.

**“PEOPLE DON'T NOTICE WHETHER IT'S WINTER OR SUMMER  
WHEN THEY'RE HAPPY”-ANTON CHEKHOV  
(RUSSIAN PLAYWRIGHT 1860-1904)**



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Drawing and painting can help you relieve stress and boost your self-esteem. Need some ideas or inspiration? You can try drawing simple things such as cute animals, foods, or cartoon figures. Or, creating a simple sketch of everyday events or objects you see also works. It is often said, music calms the savage beast, art can also calm one's mind!

## Stick to a Sleep Schedule

You may not realize this, but sleep is the key factor to having a productive and happy day! It is ideal for you to sleep and wake up the same time everyday. Try to get at least 7 hours of sleep each night, as recommended by National Sleep Foundation. Insufficiency of sleep is affiliated with diseases such as heart disease, kidney disease, high blood pressure, diabetes, obesity, stroke, and you may not know this, but depression as well. Also ensure that your sleep area is comfortable, free of noisy distractions, and slightly cool. Who wouldn't want to have a cozy and relaxing sleep while enhancing your overall health?

## Family and Friends...socialize!

Life is short- so spend your time with your loved ones. Even if you're an introvert who never gets out of the shell, don't turn down the invitation this time! What's better than having fun with your family and friends during this winter blues season? Watch movies, play card games or board games, celebrate winter birthdays, and bake some winter sweet treats!

The winter may be long and cold, but with our creative minds and the accompany of our family and friends- it will be sweet and warm!

-Elly Wu Feng



*If you spent the summer singing, you can't do better than spend the winter dancing. -Aesop*



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**Don't be an Ornament**



**Be the Tree that Supports**

In life, it's essential not to be just an ornament, like a decoration hanging on a tree. Instead, be the tree itself that supports and stands strong. When you are the tree, you become the one who offers help, love, and kindness to others. Just like a tree's sturdy branches provide shelter for birds and shade for animals, you can be a source of support and care for those around you. Being the tree means being reliable and dependable, someone others can count on in times of need.

Being an ornament might mean just looking pretty on the outside, but being the tree goes much deeper.

It means having a strong character, showing empathy, and being a friend when someone needs one. By being the tree, you can make a positive impact on the world and be a force for good. So, let's strive to be the tree that supports and nurtures, making a difference in the lives of others and creating a better and more caring community.

In conclusion, the analogy "Don't be an ornament, be the tree that supports" reminds us to focus on what truly matters in life. Instead of chasing superficial things, let's aim to be strong, supportive, and kind individuals. By being the tree that supports, we can make a meaningful difference in the lives of others and create a positive and nurturing environment for everyone around us. So, let's nurture our inner strength and strive to be that remarkable tree in the forest of life.





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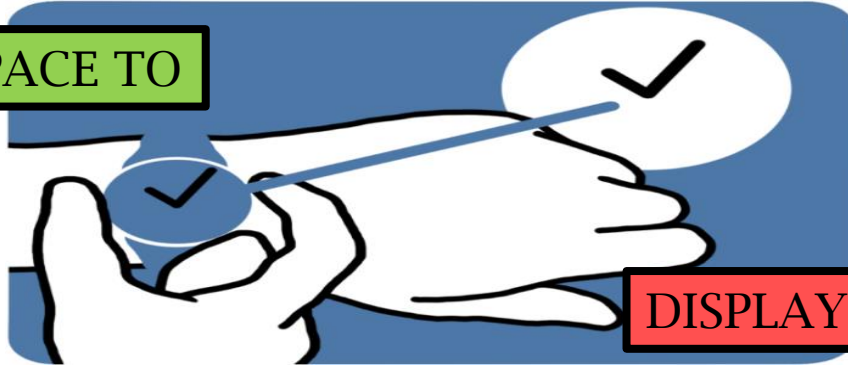


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PACE TO



DISPLAY GRACE

Pacing yourself is important. You might ask yourself why is pacing yourself important? It is important because if you set too fast a pace, it will give the impression that you don't care and you want to get something done quickly because it is not important. If you pace yourself too slowly then, it will give the impression that you don't feel motivated to complete the task, or that you are ambivalent.

An example of pacing yourself when being empathetic can be when you're comforting someone. If you move too fast, they will feel like you just want to leave and you don't have enough time for them. If you talk with someone at a slow pace they will think that you don't have the energy for them, that you don't want to hear their problems and help them through what they're going through.

We should learn to pace ourselves and not to be too fast nor too slow. If we pace ourselves we can have a good attitude.

When we pace ourselves we can display grace to others. This means when you pace yourself right while doing something to help someone like speaking to your elders and when your parents tell you to do your chores which displays kindness. So, when you pace yourself correctly you can make someone's day so much brighter.

-Alicja Filuba





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## Decode the message.

- Each letter in the phrase has been replaced with a random letter or number.
- Try to decode the message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
						21	16				24				15							14			

L                                                  H                                          P                                          P

— 24 — 25 — 22                      — 16 — 23 — 15 — 15 — 19 — 26 — 25 — 10 — 10

L                                          W                                          W                                          H

— 1 — 24 — 9 — 14                      — 23 — 26 — 12                      — 14 — 23 — 22 — 18 — 16

W                                                                                                  L                                                                                                  G

— 14 — 19 — 26 — 22 — 25 — 20                                                  — 2 — 24 — 17 — 25 — 10                                                  — 21 — 9

## Answer:

Let happiness flow, and watch winter blues go

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