



How to Handle a Snowstorm

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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Recently North America was surprised to learn that there was snow in forty-nine of the fifty states and in most of Canada at the same time. Not everyone was prepared for this. Well, I grew up in Saskatchewan where we had extremely cold winters and lots of snow!

There are some things that would be important for you to do before and while the snow is falling:

1. Make sure that you have some supplies in the house in case you can't get to a store for a long period of time. Keep a little extra food in the pantry and some extra rolls of toilet paper in the bathroom.
2. Consider what you would do if you lost power and water. Do you have candles and matches, extra blankets and bottled water available?
3. What type of snow removal do you have? You will be thankful for the shovels if the electricity goes off and you can't use the snow blower. (Oh, and make sure they are handy because if they are in a shed the snowbanks might prevent you from reaching them).
4. Begin shoveling before it becomes overwhelming. It is far easier to remove a skiff of snow than a six-foot bank - especially one that has been packed by traffic or pedestrians.
5. Have your vehicle ready at all times. Make sure you have a full tank of gas and a safety package in the trunk with candles, chocolate, flares and extra clothing or blankets. You never know when you might be stuck for hours without rescue.
6. Don't leave home unless you really need to do so. When there is a storm, it likely affects all of your clients anyway. They might not show up or will call in to cancel anyway,
7. Think of fun things that you can enjoy with your "free day". Read a good book. Stoke the fireplace. Bake cookies.
8. Keep an eye on the weather report so you will know when it is time to venture out again.

There are some things in life that we can control but weather is not one of them. A snowstorm usually attacks and then leaves a mess behind it. If you are just patient and have a positive and accepting attitude you will save yourself a great deal of stress.

You can be upset, or you can be calm.

It's really all about being prepared and turning the day into a wonderful adventure!