

Simplified Speech #213 – Beating the winter blues (ad free)

Episode description

In this episode of Simplified Speech, Andrew and Indiana talk about winter and how it can make people feel sad or tired. They share their own winter experiences from places like Korea and the United States. Andrew and Indiana explain why winter can be hard and give simple tips to feel better, such as getting enough sunlight, exercising, and staying warm. They also talk about fun winter activities and ways to stay happy during the cold months. Listen to improve your English and learn how to beat the winter blues and enjoy the season!

Fun fact

Did you know that some people feel happier by using special lights during winter? This is called light therapy. The lights help mimic sunlight, which can boost their mood and energy. Light therapy is a simple way to fight the winter blues!

Expressions included in the study guide

- Down in the dumps
- To up [something]
- To toss and turn
- To hold off on [something]
- No pain, no gain
- To bundle up



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Simplified Speech episode 213. "Beating the winter blues." Featuring Andrew and Indiana. Joining me now is my co-host, Indiana. Hello, Indiana. How are you doing?

Indiana: I'm doing OK. Dealing with winter is tough, but I'm doing as well as I can. How about you?

Andrew: I'm doing OK, but I know what you mean. I don't know, like, what it is, really, but whenever winter rolls around, especially, Indiana, we're recording now in January, the days are starting slowly to get a little bit longer. But for the last two, three weeks, it's been tough. I've been a little bit **down in the dumps**, a little bit lethargic. And "lethargic" means like you don't have a lot of energy or don't have a lot of enthusiasm. So yeah, winter is tough. And actually, that's what we're going to talk about in this episode, right? Is why do we feel so lethargic and depressed in the winter? And what are some of the ways that we deal with that? How does it affect us? All of these things we're going to get into in today's episode. And Indiana, maybe I'll start by asking you about what your experience has been like so far this winter. How is the winter in your neck of the woods? You're in the eastern United States, right? Like what's the winter been like so far for you this year?

Indiana: Yeah, last winter was absolutely balmy, incredibly warm. I think we only got one snowstorm, but this year it has been cold, snowy, and a lot of wind chill. It's been pretty rough, short days as usual every winter, but yeah, it's been maybe every day about -6, -8 Celsius. It's been rough, but how has the winter been for you in Korea?

Andrew: To be honest, it hasn't been so bad. We had one big snowstorm and we've had some other snow flurries from time to time. I wouldn't say that it's been balmy. Actually, the

last week or so we've been dealing with some colder temperatures. I actually, I went out for a run one week ago and it was -18 Celsius with the wind chill. And I think the actual temperature was about minus 12, but it was my long run day. And so, you know, I'm a runner and I'm training for a marathon in the spring. And I'm really focused right now trying to never miss a day. Like, doesn't matter if it's rain or shine or -18, I'm going to do my run. But it was a long run day and so I had to get out there, but I felt like a real tough guy when I finished because my beard had frozen, I had little icicles hanging off my beard. So, I thought that was kind of cool. I got a selfie, you know, I was like, "Ah, I'm a tough guy!" I was going to ask.

Indiana: I hope you took a, took a photo.

Andrew: Yeah, had to take the photo. So, I felt like it made it worthwhile, but it was very unpleasant when I was running. But other than that, it hasn't been so bad to tell you the truth. There's no snow right now. And even today it was 2 degrees Celsius. So, I think maybe the end is in sight. Maybe it's getting warmer here, but yeah. Do you have a lot of snow on the ground where you live?

Indiana: I'd say a few inches, you know, I'm popping from Celsius to the Imperial, you know? But yeah, a few inches, nothing crazy, not dangerous to like walk around or drive around on the street, but we do have some snow. So at least it's beautiful, even if it's really cold.

Andrew: So, I think we're both in the same boat here and we both feel just not as enthusiastic in the winter. I know personally, I feel my energy levels drop. And my wife was joking earlier that she thinks she's a bear because as soon as the winter comes around, she just wants to hibernate. She doesn't really want to go out and do anything. You know, if it's like our date day, for example, she'll be like, "Do we really have to go out? Like, can't we just like stay home and watch a movie?" And me too. I'm like, yeah, "You know, that sounds pretty good. Like, why do we have to go outside? It's cold out there." And so, like

my desire to go out and do things diminishes, goes down. And also, I tend to want to sleep in more. I also want to go to bed earlier. So, I think, yeah, the hibernation thing that the bears do in the winter is a good idea. How about you, how do you feel with your energy levels and your enthusiasm during the winter months?

Indiana: Yeah, I can, I can relate to your wife on, on that one. It's like a big desire to hibernate. And I do think that we have to be a little gentler with ourselves and rest and recharge during this time. But yeah, I honestly think I could have what's called SAD - seasonal affective disorder. I don't really have a real diagnosis from a doctor, but it's, it's basically this, this set of symptoms where you really feel the winter. You have low energy, you might be a little bit depressed or **down in the dumps**, like you said earlier. And yeah, it's a huge difference between summer and winter for me, so I'm convinced that, that I experienced that, but yeah, winter is a bit tough.

Andrew: Seasonal affective disorder. As far as I know, that's caused by a lack of sunlight, and you can feel depressed because you're not getting enough sunlight. Is that true? Do you know anything about that?

Indiana: I'm not sure if that's like definitely the cause but seeing as though some of the treatment for that, or anybody who's feeling down in the winter, there are these light boxes that you could buy. And if you mount these light fixtures above, you know, where your desk is, or where you spend some time in the morning, you get some light on your face. It's, it's acting like that real sunlight. That's actually a strategy **to up your energy levels**. So, it wouldn't surprise me if that is definitely the, the, the cause of, of this sad seasonal affective disorder.

Andrew: I grew up on the West coast of Canada in this city called Kelowna, which is in a valley. And in the winter, the valley just fills up with clouds and doesn't really leave until the spring. So, all winter long, it's not really too cold, but it's almost overcast every day and really gray and dreary every single day for like three months. And I was recently just back

in my hometown, and I saw that winter cloud again, and I was only there for like four days. And I thought, how do people deal with this? Like it was really depressing, really gray. Of course, it doesn't help when the sun rises late and sets early. But yeah, I think maybe I would like to try one of those light boxes, especially if I ever moved back to Kelowna, like seems like a necessary item. Have you ever tried one before?

Indiana: Yeah, I do have one. And I think these days there, you could get a pretty cheap one, maybe, you know, in American dollars \$30 - \$40, not too expensive. Yeah, if you keep up with it, you try to use these light boxes early in the morning, if you can, like after you get up to simulate that morning sunlight. And "simulate" just means act as, or be a substitute for, pretend to be. Yeah. That's supposed **to up your energy levels, up your focus**, make you feel more awake. And of course, you could also just try to get outside in the morning and sit in the take a walk for 15 minutes, but yeah, you know, when the, when the temperature is -16 and you don't have your long run, it's probably not the highest priority on your list.

Andrew: That's cool. So, do you feel like the light box has some positive effects? Like after doing some treatment or some therapy with it, do you feel better?

Indiana: Yeah. Maybe after like a week or so of consistently using it, I definitely do notice a difference in my energy levels and my mood.

Andrew: I might have to pick one of those up. I've even seen that there are some alarm clocks that have this kind of light built into it and it mimics the sunrise. So, I don't know when it turns like 6am or something, whenever the sun rises, then it starts to turn on. I thought that was a cool idea because that's one thing that I notice is like in the summer I wake up early and I'm full of energy and I think it's because of the sun rising. But that doesn't happen in the winter and I, I don't get that boost right from the get-go in the morning.

Indiana: Well, I have one caution about those alarm clocks. If you're thinking of picking one up, I was also really excited. Like this is going to change my life and I'm going to get up with the sunrise. But if you're the kind of person who **tosses and turns** at night, right? So that means you don't stay in the same position all night. You're switching sides with your head on the pillow or whatever it is. If you're not facing the alarm clock with the sunrise simulation, it doesn't work. At least for me, it did not. I like, I did not wake up, so it was not worth the investment.

Andrew: I hope you didn't sleep in through any important appointments or work or anything like that.

Indiana: I think I didn't, but I did notice that, OK, this, this failed.

Andrew: So, what else about the winter? What do you like to do in the winter? I force myself to get outside and run, even though I don't really like the cold weather. But like I said, I have this bigger goal of the marathon in mind, so it's like motivating me. I think if I didn't have that, I'd probably wouldn't leave the house too much at all. But I know a lot of people like to do winter activities, maybe skiing or cross-country skiing, maybe snowshoeing even. Do you like to do any winter activities at all?

Indiana: Yeah, I don't own cross-country skis, but I do like to do that on occasion, and I own snowshoes. Yeah, that's a great, great winter activity. It's a lot of fun. Normally I would like to run in the winter just like you do. And I think, yeah, just getting any exercise like that outside is critical for, for those energy levels in the winter, but you really got to be careful with the ice. Like it might do more harm than good to go running if the conditions aren't good. So maybe just a careful walk would be enough for somebody to, you know, get that sunlight, and get a little bit of exercise in the winter.

Andrew: I know some people say that you should take, what is it? Vitamin D or vitamin B12. Have you ever tried supplementing?

Indiana: Definitely. I take it all year round. I think it's also just generally recommended for women to take vitamin D. And I take B12 as well because I'm a vegetarian and that's like not the most common vitamin in my food sources. But those are just two that really help with your energy levels for sure. And especially vitamin D for that lack of sunlight in the winter since you get that one from being exposed to sunlight.

Andrew: I wonder if it's in my multi. I don't know.

Indiana: Probably. I hope so.

Andrew: It's funny. In one of our Culips classes from, I think it was two weeks ago, we were actually talking about home remedies. And then that led us down this path to talking about all the different supplements that we have. And a lot of the Culips members were saying, Andrew, we think you must take a lot of supplements. Like you seem like somebody that's into health. And it's not really true. I have a multivitamin and my wife makes me take some other pills, but I don't really know what they are. She just says it's healthy for me, so I take it. But I don't know if I'm getting vitamin D or B12 in that multi, but probably some elements of it in there. So, Indiana, if your friend came to you and said, "Indiana, I just, I feel so lethargic, so lazy, so depressed these days because of the winter." What advice would you give to your friend to try and cheer them up and make them feel better during these difficult months?

Indiana: It would be advice that they wouldn't want to hear.

Andrew: OK.

Indiana: I would say you should get up earlier, so you get more daylight. And I would say, listen, I can see the difference in my mental health from last year when I could run in the winter. And this year when I, when I can't. I've had, I've had a surgery recently, so I have to **hold off on, on running**. And oh my God, you got to get exercise because it makes the biggest difference. That's what I would tell them.

Andrew: Well, I guess I'm doing the right thing though, even though it's not really pleasant to go outside and run. That's good to know that I'm doing the right thing.

Indiana: Yeah. It's those long-term benefits. Yeah. And with the short-term pain, the long, long-term gains there.

Andrew: **No pain, no gain**, right?

Indiana: Exactly.

Andrew: What are some of your favorite things about winter?

Indiana: Hmm. Definitely the snow. I do, I do love it. At least when it's cold enough for the snow to stick, even though I don't love the cold. You know, it's so beautiful, especially there's this atmosphere at night, I think when you're in a city. And, you know, upstate New York, for example, and there's snow, it kind of with the reflection of light off of the snow, it looks like it's almost daytime and there's this nice purple glow in the sky. And it's like a very, very nice experience at night to just have that reflection and have all that light. So that is one positive thing that I could think about winter. It's nice to have that atmosphere. But what about you? What would you say if you had to pick something that's good about winter?

Andrew: My favorite thing about winter is that it's not summer. That's like a weird thing to say, but here in Korea, it gets so hot and humid in the summer. It's just really, really uncomfortable. And I feel like I'm always just like sweating and too hot, overheating. So, I really don't like summer here. So, for it not to be summer, that's the best thing. And I like winter fashion, winter clothing. I don't really think I'm a fashionable person at all, but I much prefer wearing like pants and sweaters and hoodies, that kind of cozy clothing. I love that. And I also think I look better in that. I don't really think I look great in like a tank top and shorts. So, I would much rather prefer to wear like a shirt and pants, that's, that's my

style. And what else? I agree with you. Sometimes it's really nice to be outside here in the big city. I run through like the middle of Seoul, and I don't go running crazy late at night or anything, but I'll go out sometimes 7-8 PM and it's very quiet. I think everybody else is back home doing that hibernating, like we were talking about earlier. So, it's really quiet outside. And as I was running yesterday, I saw a really cute scene because I run beside this little stream. And it's been so cold recently that that stream has frozen. And even though it got above freezing in the day at night, it like freezes solid again, because there's not too much water in there. It's a pretty shallow stream. But as I was running by today, there was a guy walking his dog and they were just both out walking on the ice on the stream. And as they would step, it made this really cool sound, like this boing, boing sound of like, I don't know, it's hard to replicate, but the water moving under the ice, which actually I think is dangerous. It probably means the ice is going to crack soon. Like there's too much pressure on it, but it's shallow water. So, he would have been OK anyways, but it was just a really cute scene to see this guy and his dog playing on the ice in the stream. And knowing that I'm in the center of this mega city, but there are hardly any people outside. So, I really like that too. You can find some solitude, find a little bit of space for yourself in the winter. I guess those are my favorite things.

Indiana: Yeah. I like that word you use the solitude. Yeah. There's a nice, a special kind of quiet that settles in the town, you know, where you are in the winter. It's really nice. And, you know, thinking about your, your running in the winter too, and also what advice I might give somebody for coping with winter. I just remembered that there's a German saying that goes something like, "There's no bad weather, there's only bad clothing." So perhaps my advice to anybody struggling with the cold and the gloominess of winter would be don't forget **to bundle up** this winter. I'm often forgetting to maybe add some long underwear is what they call it, or an extra layer beneath my jeans. So yeah, that could really help somebody out if they're struggling.

Andrew: I have really bad circulation. So often in the winter, my hands get really cold. And so that means if I go outside, I have to wear ridiculous gloves when I go running. I

have these big mittens, but actually they have an extra, they're like a lobster. They have like three, three spots and they're so big, but my hands are just toasty in them. But if I wear like a cool looking glove or something, my hands just freeze. So, I have to wear these big, stupid looking lobster mittens, but I stay warm and then I can enjoy my time outside. So, I think there's something to that expression. I like that one. There's no such thing as bad weather, just bad clothing. Yeah, it's true. It's totally true. Indiana, what do you think about people who live in places where there's really long winters? Like I just interviewed a guest on the podcast here. His name is Mikael, and he was from Norway. He has a long winter. I know you recently visited Iceland. Iceland's got long winters. Even in our countries too. Like maybe not where you are, but people in Alaska, they have a long winter. And in my country, Canada, in the northern parts of Canada, it's dark for, you know, almost all winter, they don't get very much sunlight at all. So, it's a really, really intense kind of winter. How do you think people who come from those areas of the world deal with the winter?

Indiana: That's a great question. You know, I actually, I did ask somebody in Iceland when I was there. I think it was a tour guide about how people and how he coped with almost total darkness and winter or total darkness certain times of the year. And he, he honestly looked a little bit annoyed. Like he gets this question all the time and was like, "It's just winter. We, we just deal with it, you know?" And he, it was not a, it was not a very helpful answer. It was just, we deal with it. So, I didn't really get a good, a good strategy out of him. But yeah, I don't know. Maybe you just really do get used to it when, when you're in a country where you have those purely dark days. I don't know. You're from Canada originally. Have you ever been to the Northern parts, like you mentioned, of Canada where you get that total darkness in the winter?

Andrew: Yeah, I have. I never visited in the winter, but I visited a couple times in the summer to a territory in Canada called Nunavut, which in the summer when I visited, it was the opposite situation. It was daylight for almost 24 hours a day. And to be honest with you, I think people find that almost more difficult than the winters because it can be hard to

sleep when it's sunny all the time and you have to have special curtains in your home to block out the sun. And yeah, it's just a whole other set of problems. But similar, like when I was talking to people that live there and I asked them like, "What do you guys do in the winter?" It's kind of the same answer, you know, like we just deal with it. There's nothing you can do. So, I think a lot of people have those artificial sun lamps, like you were mentioning earlier, that simulate the sunlight and a lot of coffee. And yeah, I don't think they do too, too much outdoors because it can get really extremely cold, but also, they have great winter clothing up there. Like, so they do do outdoor activities still. I don't know. It's just like a different lifestyle. But if you're from there and you don't really know anything else, then yeah, it's just like a fact of life. You just carry on, right?

Indiana: Impressive. I would find it so hard, but maybe if I lived there, yeah, I would just learn, learn to deal with it.

Andrew: Yeah. You, you learn to find like the beauty in the cold and the beauty in the darkness. At the same time, you have the Northern lights, right? You have the Aurora. It's like super, super beautiful and that quiet and that stillness. And yeah, I don't know if I'd want to experience it for a whole winter, but maybe a visit in the wintertime for like a week could be cool. I could see myself doing that sometime. That would be fun.

Indiana: Yeah. I've never seen the Northern lights, but that would be pretty cool.

Andrew: Absolutely. That brings us to the end of this lesson. Talk to you next time. Bye.

Detailed Explanations

Down in the dumps

Idiom, informal

In the episode, Andrew says he has been feeling **down in the dumps** because of the winter. He means that the short days and cold weather have made him feel tired and unmotivated. This phrase is used to describe times when people feel sad, discouraged, or not in the mood to do anything fun.

Down in the dumps means feeling unhappy or low in energy. It is often used when someone is sad for a temporary reason, like failing a test, having a bad day, or missing a friend. For example, if someone doesn't get the job they wanted, they might feel **down in the dumps** for a few days. However, this phrase is not used for serious emotional struggles or depression. It describes a temporary feeling of sadness that usually goes away with time.

This expression has been used for a very long time. The word "dumps" used to mean a sad or gloomy mood, and over time, **down in the dumps** became a common way to say someone is feeling low. Today, people use it in everyday conversations to describe moments when they are feeling down.

A similar expression is "feeling blue," which also means feeling sad. Other synonyms include "in a slump," "in a funk," or "feeling low." The opposite of **down in the dumps** would be "on cloud nine," "in high spirits," or "feeling great."

To remember this expression, think of a garbage dump – a place full of unwanted things and waste. If someone is **down in the dumps**, it's like they are stuck in a messy, unhappy place emotionally. This can help you connect the phrase to its meaning.

Here are a couple more examples with **down in the dumps**:

Nate: I can't believe the holidays are over already. Back to work tomorrow.

Eva: I know, I feel **down in the dumps** just thinking about it.

Jane: I wish Sarah still lived here. I miss hanging out with her.

Alex: Yeah, me too. Ever since she moved, I've been feeling **down in the dumps**.

Jane: Let's call her later! Maybe that will help.

To up [something]

Verb, informal

In this episode, Indiana talks about how a lack of sunlight can make people feel tired and low on energy during winter. She mentions using a light box in the morning to help **up her energy levels and focus**. Here, “**to up**” is used as a verb, meaning to increase or improve something. Andrew finds this idea interesting and considers trying it himself.

“**To up [something]**” means to raise, improve, or increase something. It is an informal way to say that you are making something better, stronger, or higher. In the episode, Indiana is talking about increasing her energy, but you can use “**to up**” for many things. For example, if you want to get stronger, you can **up your exercise goals**.

Here are some ways you can use **to up [something]** in a sentence:

- I need **to up my water intake** – I haven't been drinking enough lately.
- The company decided **to up their advertising budget** to attract more customers.
- He **upped his daily steps** from 5,000 to 10,000 to stay active.
- I should **up my protein intake** if I want to build muscle.

The word “**up**” has been used as a verb in this way for a long time, but it became more common in informal speech in the 20th century. While it is easy to understand, it is mostly used in casual conversation rather than formal writing. A common synonym for **to up [something]** is “to increase,” but “to boost” and “to improve” can also be used in many cases.

To remember this expression, think of a volume dial. When you **up the volume**, the sound gets louder. The same idea applies to other things – when you **up something**, you make it bigger or better.

Here are a couple more examples with **to up [something]**:

Mike: I didn't get the job. They said my interview was weak.

Chloe: You need **to up your interview skills**. I could practice with you next time!

Gina: I really need to improve my Spanish for our trip to Mexico, and I need to do it fast!

Carlos: Then you should **up your practice time**. Try speaking with a tutor more often.

To toss and turn

Phrase

In this episode, Indiana talks about how a sunrise alarm clock is supposed to help people wake up gently, but she mentions that if someone **tosses and turns** at night, the alarm might not work. She means that when people move around a lot while trying to sleep, they may not face the light and wake up properly. This phrase is often used to describe nights when people have trouble sleeping.

To toss and turn means to move around restlessly while trying to sleep. It is often used when someone is feeling uncomfortable, stressed, or unable to relax. For example, if someone has an important test the next day, they might **toss and turn** all night because they are nervous. If someone drinks too much coffee in the evening, they may **toss and turn** in bed instead of falling asleep. This phrase is commonly used to describe temporary sleep troubles, not long-term sleep disorders.

The word “toss” means to move or throw something suddenly, while “turn” means to rotate or move in another direction. When people toss and turn, they keep shifting positions, unable to stay still or fall asleep. The phrase creates the image of someone struggling to find a comfortable sleeping position but failing to rest.

A similar expression is “to have a restless night,” which also means struggling to sleep. Other synonyms include “to be unable to sleep” or “to have trouble sleeping.”

To remember this expression, imagine a fish out of water. Just like a fish flops around when it’s not in water, a person who **tosses and turns** moves restlessly in bed because they can’t sleep. This visual can help you connect the phrase to its meaning.

Here are a couple more examples with **to toss and turn**:

Mark: You **tossed and turned** all night. Was the hotel bed too hard?

Sarah: Yeah, I just couldn’t get comfortable.

Rachel: I hope you sleep well tonight!

Josh: Thanks, but I doubt that. I have to give a speech tomorrow – if I know myself, I’ll be **tossing and turning** all night.

Rachel: I hope not. You need your rest!

To hold off on [something]

Phrasal verb

In the episode, Indiana says she has **to hold off on running** because she recently had surgery. She means that she needs to wait and not run for now, even though she usually does. This phrase is often used when someone delays or postpones something, usually because of a specific reason.

Hold off on [something] means to wait before doing something. It is often used when someone wants or needs to delay an action. For example, if someone is thinking about buying a new phone but wants to wait for a better model, they might **hold off on buying** one. If bad weather is coming, a family might **hold off on their beach trip** until another day. This phrase is commonly used in situations where delaying is a smart or necessary choice.

The phrase comes from the idea of physically holding something back, like stopping someone from moving forward. Over time, it became a common way to say that someone is choosing to wait before doing something. It is used in everyday conversations when people want to talk about delaying plans or actions.

A similar expression is “to put off,” which also means to delay. Other synonyms include “to postpone,” “to wait on,” or “to push back.”

To remember this expression, think about holding a dog back on a leash. The dog wants to run, but you are stopping it for now. If you **hold off on doing something**, it means you are waiting instead of taking action right away.

Here are a couple more examples with **to hold off on (something)**:

Aria: I wanted to book my flight to Europe, but ticket prices are crazy high right now.

Pete: Maybe **hold off on it** for a few weeks. Airlines sometimes lower prices last minute.

Aria: Hmm, that’s an interesting idea. I’ll give it a try.

Catherine: Do you want some chocolate cake now? It’s fresh out of the oven!

Christopher: Thanks, but I’ll **hold off on it** until after dinner. I don’t want to eat it on an empty stomach, you know.

Catherine: Alright!

No pain, no gain

Saying

In the episode, Andrew says **no pain, no gain** when talking about his winter running routine. He means that even though running in the cold is uncomfortable, it will help him get stronger and achieve his goal of running a marathon. This phrase is often used to encourage people to keep working hard, even when something is difficult or uncomfortable, because it will lead to success.

No pain, no gain means that effort, struggle, or discomfort is necessary to achieve something valuable. People often use this saying when talking about exercise, studying, or working toward a goal. For example, if someone wants to get stronger, they might need to experience sore muscles after working out. If a student wants to pass an important test, they might need to spend hours studying, even when they feel tired. The idea is that hard work and challenges are part of success.

The phrase became popular in the fitness world, especially in the 1980s when it was used as a motivational saying. However, similar ideas have existed for centuries. Many cultures have proverbs that express the idea that success requires effort and persistence. Today, **no pain, no gain** is commonly used in sports, school, work, and self-improvement. The "pain" in this phrase doesn't always mean physical pain – it can also mean hard work, challenges, or mental effort.

A similar expression is "hard work pays off," which means that effort leads to good results. Other synonym is "nothing worth having comes easy."

Here are a couple more examples with **no pain, no gain**:

Ryan: I've been practicing this piano piece for weeks, but I still keep messing up. It's so frustrating!

Natalie: That's normal! Learning something new takes time and effort. **No pain, no gain.** If you keep practicing, one day it will feel easier.

Jenna: I really want a burger and fries, but I promised myself I'd eat healthier this month.

Sam: I know it's hard to resist, but you're doing great! **No pain, no gain.** If you stick to your healthy eating plan, you'll feel so much better in the long run.

Jenna: You're right... it's just so tempting.

To bundle up

Phrasal verb

In the episode, Indiana gives advice for dealing with winter by saying, “Don’t forget to **bundle up** this winter.” She means that when it’s very cold outside, it’s important to wear warm clothes, like a thick coat, scarf, hat, and gloves, to stay warm. This expression is commonly used in cold weather, especially when reminding someone to dress properly before going outside.

To bundle up means to wear many layers of warm clothing to protect yourself from the cold. It is often used by parents when talking to their children before they go outside. For example, if it’s snowing, a mom might say, “Make sure you **bundle up** before you leave!” It can also be used more generally when preparing for any cold environment, such as going skiing or watching an outdoor winter event.

The word “bundle” means to wrap things together tightly. When you **bundle up**, you are wrapping yourself in warm clothes, just like you would wrap up a package or a stack of items to keep them safe. A similar expression is wrap up, which also means to dress warmly.

To remember this expression, think of a baby being wrapped in a blanket to stay warm. Just like a baby is **bundled up** to stay cozy, people need to **bundle up** in winter to stay comfortable and avoid getting too cold.

Here are a couple more examples with **to bundle up**:

Tom: Are you sure we should go to the game? It’s snowing out there!

Emma: Of course! We just need **to bundle up**. I have extra scarves and hand warmers.

Tom: Alright, as long as we don’t turn into icicles!

Dan: I’m going to Canada in December. Do you have any tips?

Madeline: Yes! Make sure you **bundle up**. Winters here are really cold, and you’ll need a good coat.

Dan: Thanks! I’ll bring lots of warm clothes.

Madeline: Don’t forget gloves!

Expressions Quiz

1. In which situation would the expression "down in the dumps" be most appropriate?
 - a) Winning a big prize in a contest.
 - b) Going on an exciting vacation.
 - c) Laughing at a funny movie.
 - d) Failing a test.

2. What does "to up (something)" mean?
 - a) To give up on something.
 - b) To increase or improve something.
 - c) To suddenly stop doing something.
 - d) To lower or decrease something.

3. Which sentence correctly uses "to hold off on (something)"?
 - a) "I want to hold off on eating dinner because I had a big lunch."
 - b) "I hold off my jacket when it gets cold."
 - c) "I will hold off my umbrella inside the house."
 - d) "He held off his coffee to stay awake."

4. Which phrase best describes wearing extra layers to stay warm in winter?
 - a) "To warm up"
 - b) "To cool down"
 - c) "To bundle up"
 - d) "To chill out"

5. What does "No pain, no gain" mean?
 - a) Hard work and effort lead to improvement and success.
 - b) Avoid anything that takes too much time or effort.
 - c) Success comes easily with no effort.
 - d) If something is difficult, it's not worth doing.

Comprehension Quiz

6. What does Andrew say about how winter affects him?
7. How does Andrew's wife feel about going out in the winter?
8. Why does Indiana recommend getting exercise in the winter?
9. What is one reason Andrew prefers winter over summer in Korea?
10. What kind of winter gear does Andrew say he wears while running?

Writing and Discussion Questions

1. Have you ever felt **down in the dumps**? What causes this feeling, and how do you deal with it? What advice would you give to someone who is feeling **down in the dumps** because of the cold, dark winter?
2. What is something you have tried **to up your energy levels** during winter? Has it worked for you?
3. Have you ever **tossed and turned** all night because of bad weather or stress? What do you do to help yourself fall asleep?
4. Is there anything you are **holding off on** because of winter? For example, are you waiting for warmer weather to start an activity or travel? What is an activity you do no matter the weather?
5. Do you agree with the saying "**No pain, no gain**"? Can you think of a time when you had to work hard to reach a goal?

Quiz Answers

- 1.d 2.b 3.a 4.c 5.a
6. He feels down in the dumps and lethargic.
7. She prefers to stay inside and watch movies.
8. It helps increase energy levels and mood.
9. Summer in Korea is too hot and humid.
10. Large, warm mittens that look like lobster claws.

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