

# Supporting Information for ”On the Relation Between Atmospheric Blocking and Arctic-Midlatitude Thermal Gradient”

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## Contents of this file

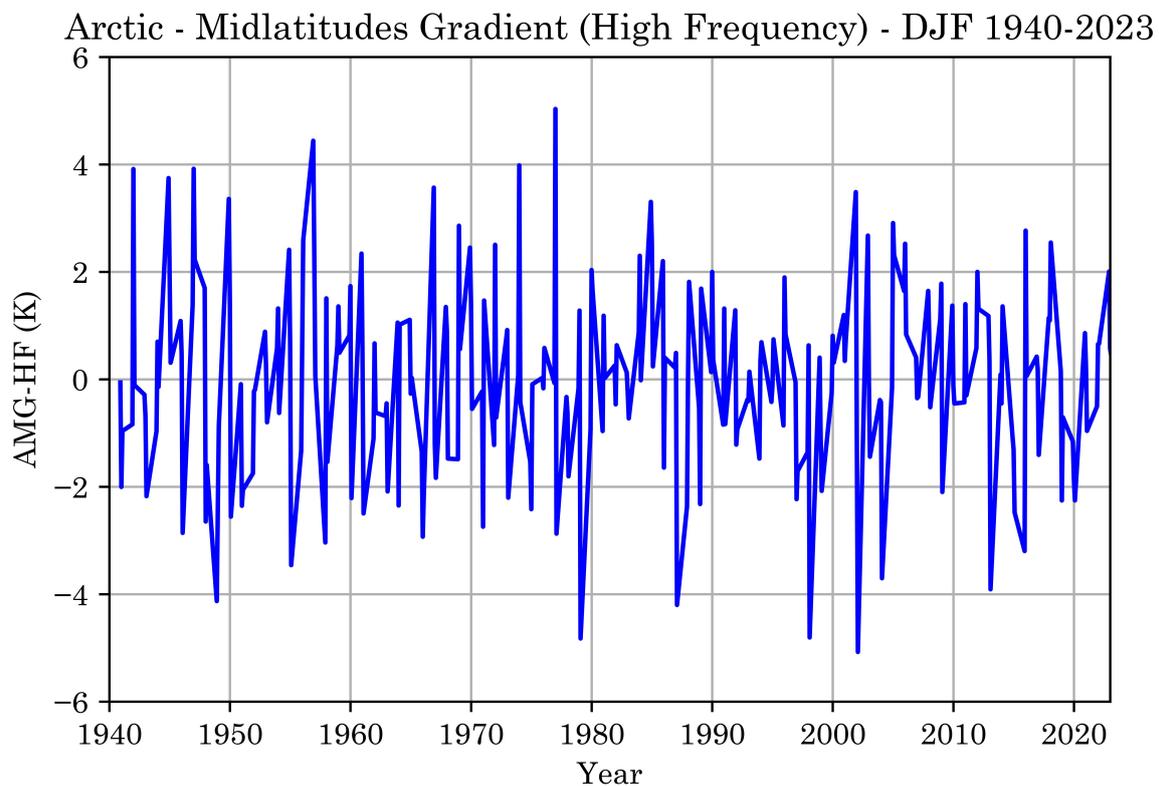
1. Figure S1

2. Figure S2

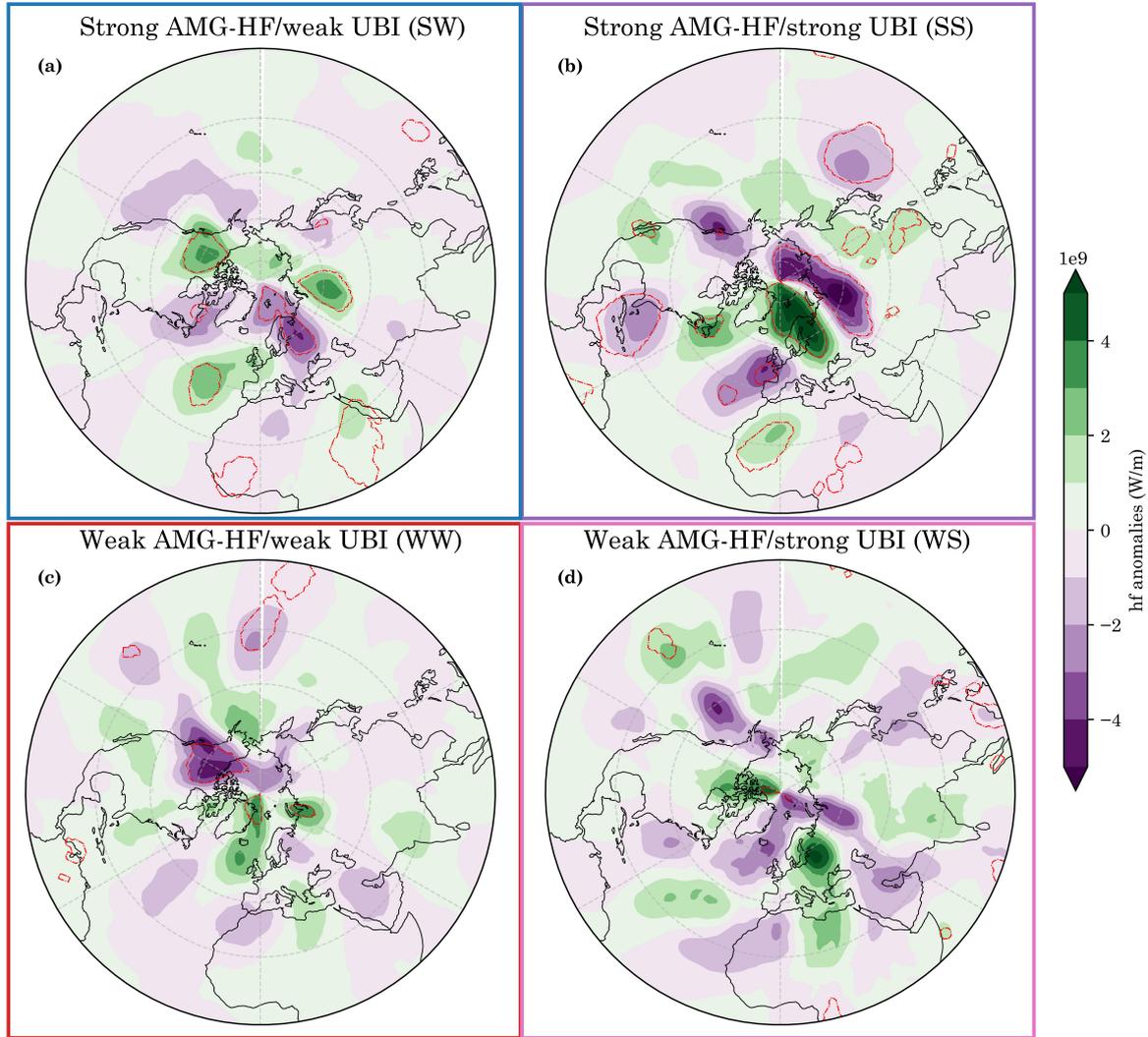
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**Figure S1.** Arctic-midlatitudes thermal gradient (AMG) index over DJF 1940-2023. As in Figure 1b, but after removing the 6th grade polynomial best fit as described in Section. Note that timeseries values are continuous only for each single winter.



**Figure S2.** Same event sets as in Figure 3 and Figure 4, but showing anomalies in the vertical integral of the northward heat flux. Positive (negative) values indicate northward (southward) fluxes.