



The Great Outdoors

Into the Thick of It!

Goal: Spend time outside (every day, if possible) enjoying natural light.

[Tip]: Spend 10 minutes in the fresh air looking at nature's beauty (snow drifts, clouds, rocks).

Click [here](#) for a video tip!

Why is this important? Regular exposure to sunlight, even in short intervals, can improve your mood and concentration, elevate your daytime energy levels, and promote better sleep.

References: Mead, M. N. (2008). Benefits of Sunlight: A Bright Spot for Human Health. Environmental Health Perspectives, 116(4), A160-7. <https://www.proquest.com/scholarly-journals/benefits-sunlight-bright-spot-human-health/docview/222634736/se-2>