

**JULY
TIP SHEET**



WHAT ARE THE BENEFITS OF SUNLIGHT?

There seems to be a clear correlation between a daily dose of sunshine and spending time in nature with improved physical and mental health. Getting sun exposure and incorporating outdoor activities into addiction recovery can be key in staying sober.



MORE VITAMIN D

Vitamin D is a hormone released in the body through sun exposure. Those who do not get enough sunlight are more prone to illnesses, diabetes, autoimmune disorders, and heart disease — just to name a few. Being able to feel healthy again can be a huge motivator in staying sober.

REDUCES DEPRESSION

It is not uncommon for those experiencing depression to turn to substance abuse or those with substance abuse to become depressed, both which create a negative cycle that worsens both conditions. Getting outside is an excellent way to combat this. Clean air, sunlight, vitamin D, and the soothing sounds of nature have all been proven to help reduce depression and the chances of relapsing.

IT MAKES YOU MOVE

Most indoor activities are sedentary tasks, like sitting at a desk or watching TV. Physical outdoor activities and exercise are an excellent way to get into better shape. Studies have proven that exercise creates a sense of accomplishment and being physically fit is an excellent way to encourage sobriety.

MANAGES STRESS & ANXIETY

When you're exposed to sunshine and surrounded by nature, stress is processed differently in the body and it becomes more manageable. Stepping away from stress triggers can help reduce the urge to turn to substance abuse.