BENEFITS OF SUNLIGHT & VITAMIN D

DID YOU KNOW?

Sunlight and Vitamin D play an important role in

mental health & physical health.

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| Benefits: Mental Health   * **Exposure to sunlight increases the brain’s release of a hormone called serotonin, which is associated with boosting mood and helping a person feel calm and focused.** * **Vitamin D improves the process of acquiring knowledge and understanding through thought, experience, and the senses.** |

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| Benefits: Physical Health   * **Sun exposure might help treat several skin conditions. Doctors have recommended UV radiation exposure to treat acne, eczema, psoriasis, etc.** * **Vitamin D is involved in maintaining healthy bone strength.** * **Vitamin D enhances the immune system to fight against disease.** |

Food Sources Rich in Vitamin D:

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| * Salmon * Egg yolk * Orange Juice * Cheese * Butter * Mushrooms |