THE BENEFITS of SUNLIGHT ON RECOVERY

That warmth on the skin just seems to ease any physical aches away. As well, it’s known to be beneficial to any emotional healing.

It’s not just the warmth of it either, it’s the beautiful light it gives. We know there are plenty of countries not quite as blessed – where house and streetlights are on from the mid-afternoon or sometimes all day long on particularly miserable days.

Even waking up to such a dull grayness can be reflected in our emotional state. On the other hand seeing blue skies and sunshine instantly brightens our mood.

Then that it is pretty much dependable is wonderful. It means that plans for an excursion, playing sport or relaxing by the swimming pool become reality rather than something that has to be abandoned.

As well as losing the physical benefits, this also leads to a further dampening of the spirits. This all makes recovery even harder.

However, if the spirit is lifted at the sight of the sun rising into blue skies without a cloud in sight it is only beneficial.

At the other end of the day, even though the sun is setting, these are frequently such an unforgettable blaze of yellows, reds and oranges in the sky that they are uplifting too.

Recovery from dawn until dusk

As well, beautiful sunrises and sunsets are inspirational for reflection and invoking a sense of calm.

Why vitamin D is vital to good health

With a climate consisting of plentiful sunny days, we are blessed to have our weather. It means mild winters and idyllic summers.

Every day spend time in natural light that encourages everyone to spend as much time as possible outdoors. This is valuable as our body creates vitamin D from direct sunlight on the skin.

[Vitamin D](https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/) plays a part in regulating the amount of calcium and phosphate in the body.

These are essential to keep teeth, muscles and bones in a healthy condition.

As well, something to consider during winter months in a cold-climate country is that people spend much more time indoors. There is much less daylight, even if there are sunny days.