

APRIL 2022

The Benefits of Natural Light & How to Get More

PHYSICAL

DEVELOPMENTAL

SOCIAL

ENVIRONMENTAL

FINANCIAL

EMOTIONAL

What Are the Benefits of Natural Light?



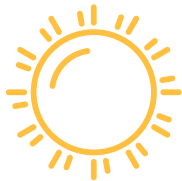
Enhances overall mood



Increases energy levels and productivity



Improves sleep quality



Boosts vitamin D production in the body



Wards off seasonal depression

Ways to Increase Your Natural Light Exposure

- Add mirrors to your walls – they help light bounce around the room
- Ditch the drapes and open your blinds to allow more sunlight into your space
- Get outside as much as you can – take walks before work or during lunch breaks
- Exercise outdoors or near a window at your gym or in your home
- Clean your windows and glass doors often to optimize light exposure
- If possible, increase the natural light where you spend most of your time at work and home

Check out this year's Way to Wellness topics and download our 2022 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!