

Self-Care Tools #15

Getting Five Minutes of Sun

Another way to exercise self-care that may be helpful for you is taking time to step away and engage in present-oriented thinking. Taking five minutes to step out into the sun on your front doorstep, stand in front of a window or in your backyard can help boost your outlook. The sun is a great source of vitamin D and there are many studies that show how this can help improve our attitude and mood. If you have been inside all day, take a quick walk, go sit in your back yard or just stand outside in the fresh air. Five minutes of blue skies may provide just the stress relief you need.

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