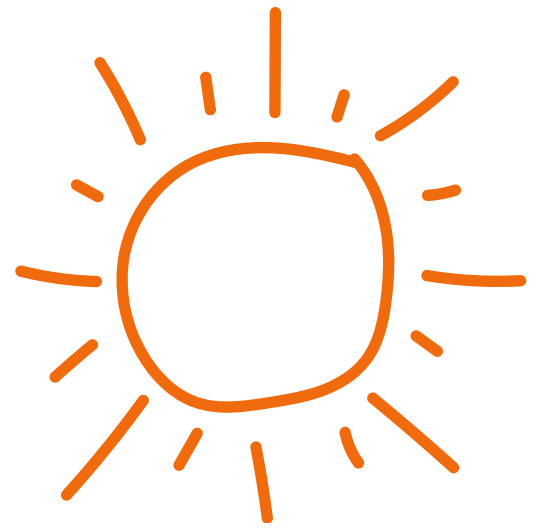


Sunlight, hot weather and mental health



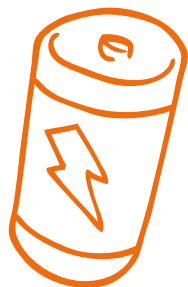
Summertime is often known for bright sunny days and warm weather, both of which can impact our mental health in several ways.

Sunlight can be really good for our mental health it can help:

- To boost serotonin, a neurotransmitter that contributes to feelings of wellbeing and happiness.
- Regulate the body's circadian rhythms, improving sleep quality.
- To encourage us to do outdoor activities such as walking, gardening and sports, which are beneficial for our mental health.

However warm weather can impact our wellbeing, here are **three things to remember**:

Don't expect yourself to be at 100% during hot weather



Be kind to yourself, take plenty of breaks and give yourself extra time to get things done.

Hot weather can lead to increased feelings of stress and anxiety



Try simple breathing techniques and one minute mindfulness during difficult moments.

Some medications can make it harder for your body to stay cool and hydrated



Drink plenty of water, stay out of the sun during the hottest hours of the day and make sure to store medication away from direct sunlight.

Make sure to take time to enjoy the summer weather while also being mindful of the impact that the weather can have.

Remember: every body is a summer body!

