

Hi its Crystal Faria your EAP coordinator for Utica, Rome and Herkimer and this is your Healthy Huddle Express. Today I am going to share some tips on how to de-stress in the sun.

One of the easiest ways to get some sun is right out your front door. Grab a blanket throw it down, get comfy with a book and soak up some rays. You can either listen to the trees or put on some music yourself and just rock out. Either way you're gonna be less stressed in no time.

Now that the weather is warming up it's a great chance for you to get outside with the kids. Create a scavenger walk. Its super easy. Make a list of 10 to 15 items you might find while walking around your neighborhood.... I don't know maybe an old tire or a street sign or a rainbow and then go hunting you're gonna get some exercise and have a ton of fun with the kids.

Well now that the sun is out it is a great time to start that garden. Make it as big or as small as you want and gardening is a great way to get some exercise. The kids can help because they can do most of the digging (soft chuckle) or they can pick out the plants and where you want to put them in the garden. If you don't have a yard big enough for a garden don't worry about it grab a planter, put it on the porch and in no time you'll have summer tomatoes to make a sandwich with.

We have been cooped up for several weeks with the Coronavirus and so getting out in the sun now that the weather is warming up really important um, sunlight actually gives us a vital vitamin which is vitamin D. and studies show that Vitamin D helps combat heart disease, insomnia and depression.

Thanks for joining me on the Health Huddle Express. I hope to see you next time and remember de-stress with Sun.