

Add in Goodness: Sun

When we think of the sun, generally we think of being outside, the feeling of warmth, and long summer days. Who doesn't look forward to that? But if we take a closer look, the sun is two-sided: on the one hand, it can cause sun burn, cancer, heat stroke/exhaustion, and makes our skin look older than we would wish for. On the other hand, our bodies create Vitamin D which is necessary for strong bones, is a natural mood booster and overall just makes us feel happy. Let's take a closer look to find how to strive for balance.

Sunshine and Vitamin D

Vit D actually is considered a hormone, and on average our bodies will produce sufficient Vit D when exposed (without sunscreen) to the sun for 15-20 minutes, 3x a week. Vit D is critical for healthy bones, our mental health, and maintaining a balanced immune system. Depending on where we live, how strong UV rays are and our skin type, we want to find a healthy balance between protecting our skin whilst also creating enough Vit D. So don't stay too long unprotected outside and be sure to use sunscreen even when it's a cloudy day. For those of us living in the northern hemisphere, getting enough sunshine in the winter months can be a challenge. Eggs and salmon contain Vit D as well as fortified foods such as dairy and cereals. Vit D supplements could also help make up the shortfall, so be sure to check with the pharmacist or doctor for the amount appropriate for you.

Finding Your Inner Fire

Have you ever had a day when you felt so empowered and full of joy? Days when you could meet any challenge with confidence, felt the creative juices flowing, or embraced new ideas? That's your inner fire talking—or what some might call your personal power. By personal power I mean how you value yourself, take care of yourself and in turn take care of others. Without our inner fire stoking us along we risk being stuck in a rut, resisting change, or missing out on travelling new paths of self-discovery. It's easy to forget that we never stop evolving, so below are some tips to help keep you on your journey to a more joyful and inspired life.

Tips for Tapping into the Sun

1. Supplement when necessary with Vit D, which is best absorbed in your bloodstream when taken with healthy fats (avocado, seeds, eggs).
2. Add sunscreen to your morning beauty routine—most dermatologists recommend that you apply sunscreen to your face before your makeup or moisturizer.
3. Harmful UV rays are present even on a cloudy day, whilst you're driving in the car or sitting by a sunny office window. Don't forget sunscreen on your hands!
4. Commit to a 7-day Self Awareness challenge—take time out during each of those 7 days to check in with yourself, and write down what activities or thoughts give you energy. Discover what gives you inner peace, set intentions, and push out what holds you back.
5. Define boundaries: Learning to say “No” means being able to say “Yes” to activities that nourish your soul.
6. Try meditation, yoga, walking or activities that clear your mind—allow this space to help you reconnect with and reignite your inner fire to live the inspiring life you envision.
7. We're all unique—there's no right or wrong way to learn more about ourselves. The most important thing is to enjoy the journey.