

The Effects of Natural Light

On Your Body and Mind

The Body



Provides
vitamin D



Sets the body's
"internal clock"



Essential to
our health &
well-being



Produces mood
enhancing
chemical,
serotonin

The Mind



Low levels of
vitamin D can
lead to
depression



Helps reduce
anxiety



Improves
productivity
and focus



Triggers
chemical in the
brain that
improves mood