

SUN'S INFLUENCE ON OUR HEALTH AND MOOD

We all love those beautiful days, when the sun is shining and we can't wait to go for a walk or spend some time in the nature. We are all in a good mood and if we're not, the sunshine cheers us up and somehow we feel better. But sun doesn't only have a good influence on our mood, it also has a great influence on our health. It is not just plants that absorb and metabolize sunlight. Human beings do it, too. However, the relationship between sun exposure and health in humans isn't as straightforward as we might want it to be. Humans differently metabolize sunlight, for example, people with pale skin that burn easily in the sun are likely to get skin cancer if exposed to sun too much. So we have to be careful while exposing ourselves to the sun! But sun helps us a lot and you might be surprised in what. As I said, it cheers us up (it boosts the level of our body's natural happy hormone) and lowers depression. Sun also strengthens our immune system and boosts our vitamin D levels. There are some, let say, easier things which sun affects. But I also want to mention other things; sun reduces heart disease and risk of cancer, relieves aches and pains, helps fight of winter depression and keeps your bones healthy. As you can see, sun has a lot of benefits and it has a good effect on our health. I didn't even know some of these things so I'm surprised just as you are. I always feel sorry when I can't go out on a sunny day because of studying, so my advice to everybody is to enjoy those sunny days and go for a walk because, believe me, you will feel a lot better.

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