

SUMMER SAFETY | JUNE SAFETY SEGMENT



Do you find that you seem happier and more energized on a sunny day? Sunlight plays a crucial role in not only our mental health but also to our health in general. The sun provides us a wealth of benefits. So, the next time you step outside on a sunny day, remember that you're not only soaking up warmth but also reaping the benefits of sunlight for your overall health!

SUN & OUR HEALTH

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Sun and Your Health](#) poster. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some of your favorite places or activities to take in or do in the sun?
- Do you experience any health benefits and are any of these health benefits surprising?
- What do you do to make sure that you are getting enough sun for the health benefits?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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