



Morning Sunshine Challenge



CHALLENGE DESCRIPTION:

Welcome to the **Morning Sunshine Challenge**! For the next 10 days, we're inviting you to start your day by spending at least 15 minutes outside in natural light. Whether it's sunny, cloudy, or snowy, this daily dose of morning light can improve your mood, boost energy, and help regulate your circadian rhythm, setting you up for a productive and positive day.

Why is Morning Light Important?

Exposure to natural light in the morning **helps set your internal clock**, improving sleep quality and overall energy levels. It's also been shown to **elevate serotonin levels**, enhancing mood and reducing symptoms of depression. Especially during Canada's darker months, getting outdoors can combat seasonal affective disorder (SAD) and help you feel more connected to the world around you. No matter the season or weather, embracing the outdoors—even for a short time—can bring incredible benefits to your overall well-being. All you need is 15 minutes, some fresh air, and an activity to enjoy! Let's get started!

THE CHALLENGE

1. Commit to spending 15 minutes outside each morning for 10 days.
2. Choose an activity from the daily suggestions below, or simply enjoy a peaceful moment outdoors.
3. Dress for the weather—Canada's seasons are unique, and each offers opportunities to connect with nature!

Winter Tips for Morning Sunshine

- **Maximize light exposure:** Head outside within the first two hours after sunrise for the brightest natural light.
- **Dress warmly:** Layer up with a cozy coat, hat, and gloves to stay comfortable during chilly mornings.
- **Seek open spaces:** Snow can amplify light, so take advantage of parks, sidewalks, or fields with minimal tree cover.
- **Use reflective surfaces:** If direct sunlight is scarce, stand near a window or snowy area to benefit from reflected light.

DAILY ACTIVITIES

1



Day 1: Morning Walk

Take a brisk 15-minute walk around your neighborhood to get your body moving and soak up the light. Breathe deeply and focus on the sounds around you.

2



Day 2: Outdoor Stretching

Bring your yoga mat outside or find a clean spot to stretch and breathe deeply as the morning light energizes you.

3



Day 3: Savour Your Coffee or Tea

Enjoy your morning cup of coffee or tea outside and enjoy it mindfully while taking in the sights and sounds around you. In the winter, make sure to bundle up or sit by an open window with the sunlight streaming in.

4



Day 4: Nature Observation

Pause and observe nature. Whether it's spotting birds, squirrels, or just admiring the trees, tune into the details of your surroundings.

5



Day 5: Quick Workout

Do a 15-minute cardio session outside. You can do anything from jumping jacks to jogging, skipping rope to dancing. Alternatively, you can take your weightlifting routine outdoors in the fresh air.

6



Day 6: Light Gardening or Cleanup

If you have a garden or balcony, use this time to tend to your plants, sweep leaves, shovel snow or tidy up your outdoor space. These small tasks can ground you and get you active.

7



Day 7: Deep Breathing Exercise

Stand or sit outside and take slow, deep breaths. Inhale for 4 counts, hold for 4 counts, and exhale for 6 counts. Repeat for 5-10 minutes. Feel the sunlight on your skin and focus on the rhythm of your breath.

DAILY ACTIVITIES

8



Day 8: Read or Listen

Bring a book or listen to a podcast while seated outdoors. Let the sunlight enhance your relaxation.

9



Day 9: Outdoor Journaling

Bring a notebook or journal outside and spend 15 minutes writing down your thoughts of things you're grateful for while enjoying the natural light.

10



Day 10: Reflect and Reset

Sit quietly outdoors and reflect on your experience. How did these 10 days of morning light affect your mood, sleep, or energy levels?

CHALLENGE COMPLETE!

At the end of the challenge, take a moment to assess how you feel. Are your mornings brighter and more energizing? Have you noticed changes in your mood or sleep quality? By prioritizing morning sunshine, you've established a simple yet powerful habit to boost your overall well-being—any time of year. Let the light lead your way to healthier days ahead!



Congratulations on completing the **Morning Sunshine** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

