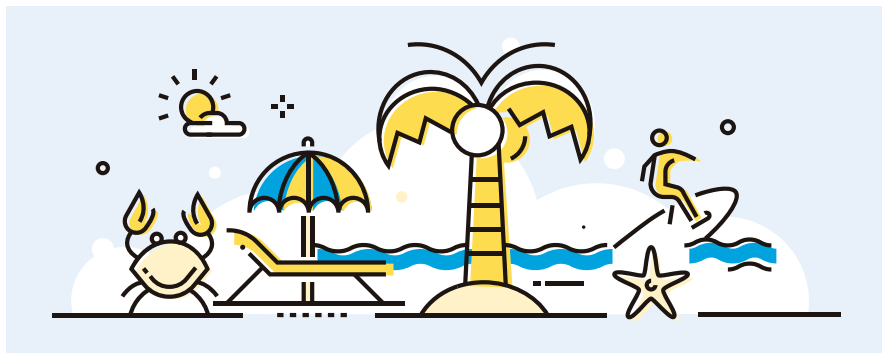


Protect Yourself in the Sun

Supporting Recovery by Taking Care of Your Skin and Health

Recovery is about healing both your body and mind. Spending time outside can boost your mood, give you vitamin D and help reduce stress—but **it's also important to be careful about sun exposure**. Being in the sun without protection can lead to sunburns, early aging, eye damage and a higher risk of skin cancer. If you're in recovery, protecting your skin is another way to take care of yourself and support your long-term health.



5 Smart Ways to Protect Your Skin and Support Your Recovery

- 1 Wear SPF 30+ Daily
- 2 Cover Up with Clothing
- 3 Stay in the Shade
- 4 Skip Tanning Beds
- 5 Make Sun Safety a Habit

Why Sun Protection Matters in Recovery

- 1 Helps Your Skin Heal and Stay Healthy**
Your body is already **working hard to heal during recovery**. Sunburns cause damage and swelling that can slow healing and put stress on your immune system. This causes extra pressure your body doesn't need.
- 2 Lowers the Risk of Skin Cancer**
Too much ultraviolet (UV) light can increase your risk for skin cancer. The American Cancer Society says most skin cancers are caused by too much UV exposure from either the sun or artificial tanning beds. Protecting your skin helps lower this risk—**keeping you safer and healthier**.
- 3 Prevents Early Aging and Skin Damage**
UV rays break down parts of your skin that keep it strong and smooth. This can lead to wrinkles, spots and rough skin. Protecting your skin helps you look and feel better, which **supports your confidence and recovery**.
- 4 Protects Your Eyes**
Your eyes can also be harmed by UV rays. Over time, too much sunlight without proper protection can cause problems like cataracts. Wearing sunglasses that block both UVA and UVB rays helps **keep your eyes safe** and your vision clear.



To get help for you or a loved one, call:

844-535-7291



Or visit:

BHGREcovery.com





Things to Avoid



Skipping sunscreen on cloudy days.

UV rays still reach your skin, even when it's overcast.



Using tanning beds.

These give off strong UV rays and can be more harmful than the sun.



Being inconsistent.

Just one sunburn raises your risk of skin cancer. Make protection a habit.



Using old sunscreen.

Sunscreen loses strength over time. Check the expiration date before using it.

Smart Sun Protection Tips



Wear Sunscreen

Every Day

- Use a broad-spectrum sunscreen with **SPF 30** or higher.
- Reapply every **2 hours**, especially after swimming or sweating.
- **Don't forget** to cover your ears, neck, hands and the tops of your feet.



Dress for Protection

- Wear long sleeves, wide-brimmed hats, and **UV-blocking** sunglasses.
- Clothing with a UPF (Ultraviolet Protection Factor) label gives extra sun protection.



Stay in the Shade

- Try to stay in the shade between **10 a.m. and 4 p.m.**, when the sun is strongest.
- Use trees, umbrellas, or **covered areas** when you're outdoors.



Watch Out for Reflective Surfaces

- Water, sand, snow and concrete **reflect sunlight** and increase your UV exposure.
- Even on cloudy days, up to **80% of UV rays** can reach your skin.

Conclusion: Take Care of Your Skin, Support Your Recovery

Sun protection is about more than avoiding sunburns—it's a simple, powerful way to care for your body during recovery. Just like supporting your mental and emotional health, keeping your skin safe promotes healing and overall wellness. Staying consistent with sun safety shows self-respect and supports your progress every step of the way ■

