

Forum:[Hack Forums](#)

Thread: [Sun is very important](#)

Slumerican ? - April 5, 2024, 1:21 am

The sun holds great importance, especially in Spring. Everything feels warmer, more vibrant, and brighter. The energy, the smiles on people's faces, the lush green grass, the sky's radiance, and the fresh aroma all contribute to a happier state. It's crucial to bask in sunlight during the first 30 minutes of the morning upon waking. Pair it with a cup of coffee, play some Bob Marley, and relish the moment. Morning meditation sets the tone for a productive day. The year 2k24 is significant for you and those around you. Sending positive vibes and a gentle reminder to take breaks from the screen and soak up the sun outdoors. Have a wonderful day.

Syndicate - April 5, 2024, 1:29 am

It's been raining here for the last couple of days with absolutely no sunlight. But there should be some here this weekend and I'll be sure to bask in the sunlight like a meerkat ?

Godofcrypto - April 5, 2024, 1:34 am

You forgot to mention that it naturally provides vitamin D that is so needed for us, humans, to function normally.

Bastille - April 5, 2024, 1:35 am

Tomorrow there will be a big sun with 27°C (80°F) here in France, it's been a while since last time we had a sunny day like that.

I'll enjoy the sun all day long with a barbecue ?

Mooooookie - April 5, 2024, 1:38 am

I live in an area where it only gets really sunny during the spring, and summer time. Other than that we get snow and cold. So when summer does come around, I take full advantage of it and get my ass outside... Soaking up that good ol vitamin D.

Deany - April 5, 2024, 1:38 am

Billy G trying to block out the sun lolz

Undead - April 5, 2024, 2:03 am

Jamika - April 5, 2024, 2:06 am

(Apr 5, 2024 01:21 AM)Slumerican ? Wrote: [\[CITE\]](#) The sun holds great importance, especially in Spring. Everything feels warmer, more vibrant, and brighter. The energy, the smiles on people's faces, the lush green grass, the sky's radiance, and the fresh aroma all contribute to a happier state. It's crucial to bask in sunlight during the first 30 minutes of the morning upon waking. Pair it with a cup of coffee, play some Bob Marley, and relish the moment. Morning meditation sets the tone for a productive day. The year 2k24 is significant for you and those around you. Sending positive vibes and a gentle reminder to take breaks from the screen and soak up the sun outdoors. Have a wonderful day.

Yes, i know that the sun is important for the production of vitamin D in the body. When your skin is exposed to sunlight, it makes vitamin D

diablospartan - April 5, 2024, 7:32 am

Well you are totally right .Sun its one of the most important things not only for your body health but also for your mental health

Portugals - April 5, 2024, 7:35 am

Just today my face burned and I didn't have sunscreen, yes but I love the sun!

Eran - April 5, 2024, 11:31 am

Definitely, my mood is almost always better when it's sunny outside.

nobodyy01 - April 5, 2024, 1:43 pm

i was living 6 years in UK , the weather there was horrible , rain everyday it depress you . For sure you need sun in your life for your mental health.

Rahul007rhp - April 5, 2024, 1:45 pm

Sun is important but here in my country its too hot shits crazy here the temperature are soaring

DemonAsylum - April 5, 2024, 4:17 pm

(Apr 5, 2024 02:03 AM)Undead Wrote: [\[CITE\]](#)

You win best post of the thread by far.

PRAISE THE SUN!

IYKYK

Toscan - April 5, 2024, 9:19 pm

This really is a great post. The sun does wonders for everything like you said. Helps your skin, mental state, and your body overall. Get more sun people!

DemonAsylum - April 5, 2024, 11:53 pm

(Apr 5, 2024 09:19 PM)Toscan Wrote: [\[CITE\]](#) This really is a great post. The sun does wonders for everything like you said. Helps your skin, mental state, and your body overall. Get more sun people!

A great way to go about enjoying some sun would be by taking the doggos out for a walk, whatcha think? ?

Toscan - April 6, 2024, 12:00 am

(Apr 5, 2024 11:53 PM)DemonAsylum Wrote: [\[CITE\]](#) A great way to go about enjoying some sun would be by taking the doggos out for a walk, whatcha think? ?

Yes! My doggos love pulling me around the block. They're basically sled dogs! ?

DemonAsylum - April 6, 2024, 12:02 am

(Apr 6, 2024 12:00 AM)Toscan Wrote: [\[CITE\]](#) Yes! My doggos love pulling me around the block. They're basically sled dogs! ?

Lmaoo that's awesome honestly. Just lets you know how much they love and appreciate it ?

Yanix - April 6, 2024, 12:09 am

(Apr 5, 2024 09:19 PM)Toscan Wrote: [\[CITE\]](#) This really is a great post. The sun does wonders for everything like you said. Helps your skin, mental state, and your body overall. Get more sun people!

Most of the time of the year we do have sun and hot weather so I guess we are a bit lucky we belong on tropical country.

Toscan - April 6, 2024, 12:23 am

(Apr 6, 2024 12:02 AM)DemonAsylum Wrote: [\[CITE\]](#) Lmaoo that's awesome honestly. Just lets you

know how much they love and appreciate it ?

Yeah the poor dogs sit inside most days sadly, just so busy ?

(Apr 6, 2024 12:09 AM)Yanix Wrote: [\[CITE\]](#) Most of the time of the year we do have sun and hot weather so I guess we are a bit lucky we belong on tropical country.

Yeah I live in Florida so it's usually for the most part always hot and sunny. :) Blessed for sure. Wish everyone could try the heat and sun over here! Sure its hot during the summer but you get used to it. Well Sorta lol. It's still hot af. Just getting outside is what counts though. Where ever you are. ?

ansjdnfiquaskdnfa45 - April 6, 2024, 4:47 am

(Apr 5, 2024 01:21 AM)Slumerican ? Wrote: [\[CITE\]](#) The sun holds great importance, especially in Spring. Everything feels warmer, more vibrant, and brighter. The energy, the smiles on people's faces, the lush green grass, the sky's radiance, and the fresh aroma all contribute to a happier state. It's crucial to bask in sunlight during the first 30 minutes of the morning upon waking. Pair it with a cup of coffee, play some Bob Marley, and relish the moment. Morning meditation sets the tone for a productive day. The year 2k24 is significant for you and those around you. Sending positive vibes and a gentle reminder to take breaks from the screen and soak up the sun outdoors. Have a wonderful day.

bob marley? maybe i have to try his music, never heard before

Aeowulf - April 6, 2024, 4:55 am

Spent at least 3 hours with the family outside yesterday. Kids were playing, me and the wife were gardening. Great for the soul, and healthy for the body.

Euaggelistes - April 6, 2024, 5:01 am

Thanks for the reminder. I'll get me some vitamin D today.

Yin Yang - April 6, 2024, 5:09 am

Oh yes, vitamin D is essential

Mustys - April 6, 2024, 9:26 am

I still have snow here, so not really sunny for now.

Syndicate - April 6, 2024, 9:28 am

It's 12C/55F here today and the sun is shining! I'm gonna get my motorcycle started and go enjoy the sunlight today! I encourage you all to try and do the same if you're able to today. :)

DemonAsylum - April 7, 2024, 3:24 pm

(Apr 6, 2024 04:55 AM)Aeowulf Wrote: [\[CITE\]](#) Spent at least 3 hours with the family outside yesterday. Kids were playing, me and the wife were gardening. Great for the soul, and healthy for the body.

Sounds like a great time and definitely agree that getting out there with friends and or family is a positive and healthy thing for us all ?

Aeowulf - April 8, 2024, 5:32 am

(Apr 7, 2024 03:24 PM)DemonAsylum Wrote: [\[CITE\]](#) Sounds like a great time and definitely agree that getting out there with friends and or family is a positive and healthy thing for us all ?

Oh yes. Did the same thing again yesterday! ?