

VENTILATION, EXERCISE, AND BREATHING



PROPER VENTILATION

- Proper ventilation in indoor spaces is crucial for fresh air and improved concentration
- Shock ventilation, opening all doors and windows wide for 3-10 minutes, is the most effective method of ventilation



FRESH AIR AND OUTDOOR EXERCISE

- Fresh air and outdoor exercise offer benefits for mood, circulation, metabolism, and the immune system
- Regular exercise can combat fatigue and increase motivation, and should be enjoyable and not too physically demanding

BREATHING EXERCISES

- Deep and calm breathing can induce physiological relaxation responses and reduce stress
- Common breathing exercises include full breathing, 4-6-8 breathing, alternate-nostril breathing, etc

