



Remote
Health

Course Materials

Oxygen

**Proper ventilation,
exercise and breathing**



Contents

- **Proper ventilation**
In the office and at home
- **Fresh air and outdoor exercise**
Circulatory and mood benefits
- **Breathing exercises**
Relieve stress successfully and quickly

Proper ventilation ⁽¹⁾

At the office and at home



In the winter time we often don't want to open the window to keep cold air out.



But ventilation is extremely important, especially in winter: fresh air comes into the room and therefore a lot of oxygen.

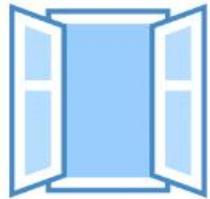
This allows you to concentrate better. You also have more energy and don't get tired as quickly, which is essential for success at work.

Ventilation also protects against diseases such as Covid-19, which is in part transmitted through the air.



Fresh air acts like a filter for viruses.

Ideally, (office) rooms should be ventilated **every hour for 3-10 minutes.**

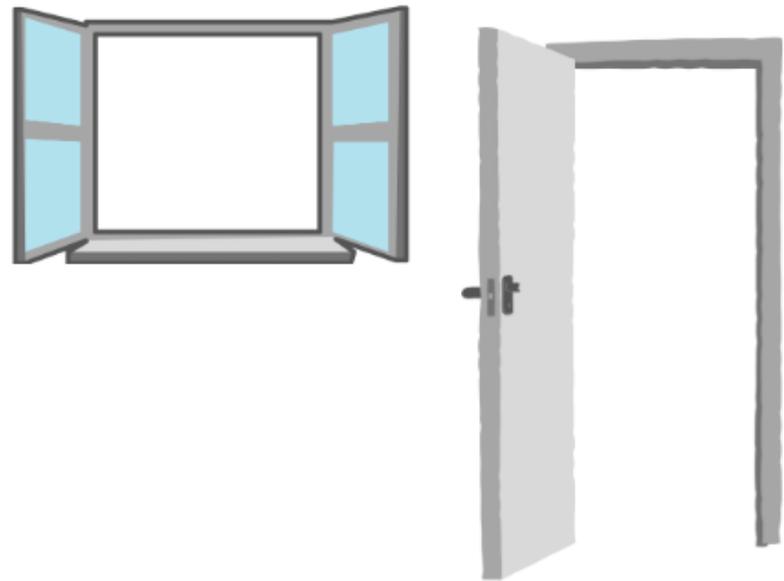


Rooms in which many people meet, such as meeting rooms, should even be ventilated **every 20 minutes.**



So-called shock ventilation is the best and most effective method for ventilation, because it creates a draft with a quick exchange of air.

When shock ventilating, all doors and windows are opened wide for the previously mentioned time of 3-10 minutes.



Ventilation systems distribute air throughout the building. However, caution is advised, because these must be set correctly.

Such a ventilation system brings in air from outside and must regularly be checked by experts.



Air purifiers are also used in some offices. These are supposed to filter viruses directly out of the air.



But this only works with the right sort of filter: HEPA filter H13 or H14.

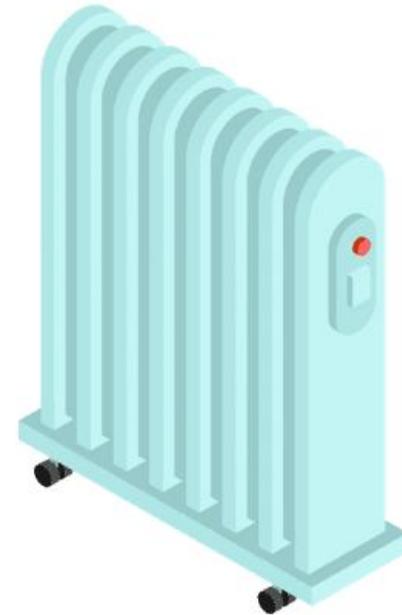
Nevertheless, according to experts, natural ventilation using fresh air is the best method.

The issue of ventilation can possibly lead to arguments with colleagues, because many think that they will automatically get sick if they are cold.

Although the cold makes the body more susceptible to infections, the common cold is caused by viruses and not by cold air. In addition, the viruses are filtered through ventilation. In the office you should just dress a little warmer.



Heaters dry out the air, causing the lining of the nose and throat to dry out as well, which can promote getting ill.



So a room that is too cold and a room that is too warm weaken the immune system to the same extent. However, the viruses are filtered when naturally ventilating, which speaks for this practice.

Fresh air and outdoor exercise⁽²⁾

Circulatory and mood benefits



By taking walks out in the fresh air, you can combat tiredness and lack of drive.



Fresh air and exercise offer great added value for the circulatory system, metabolism and immune system.

Exercise also reduce stress and tension and put you in a good mood.



This is due to the increased production of certain chemical messengers in the brain and hormones. The body releases so-called endorphins (“happy hormones”), which put you in a good mood.

The neuronal messenger serotonin and the hormone adrenaline are also released. This can compensate for the frequently occurring serotonin deficiency in winter.



In addition, motivation and drive are increased by the adrenaline.

You should get your circulation going by exercising
at least once a week.



Less is more: better do something you enjoy and is not too physically demanding than something that you will only do for two weeks because it is too exhausting and no longer fun. The former is also the healthier option.

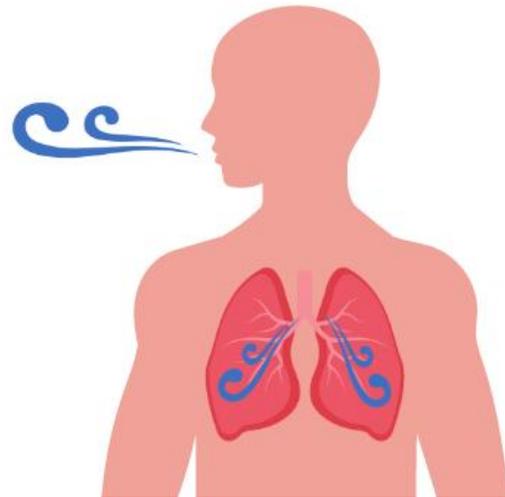
Bad weather or the season shouldn't be a reason not to exercise or go outside.

With the right clothes, you can go out and make the most of it, whatever the weather or season. It's worth the effort just for the feeling afterwards. Fight the "Winter Depression"!



Breathing exercises ⁽³⁾

Relieve stress successfully and quickly





Deep and calm breathing can induce physiological relaxation responses and reduce stress.

Full breathing

- Chest and abdominal breathing
- Use of the total volume of the lungs and diaphragm
- Place hands on chest, ribs, and abdomen to feel the expansion and deflation of each area
- Repeat several times until you calm down



4-6-8 breathing / Anti-stress breathing

- 4 seconds of inhaling
- 6 seconds of holding the breath in
- 8 seconds of exhaling
- Repeat several times until you calm down



- Increased concentration through increased oxygen uptake
- Stimulates the parasympathetic nervous system (which calms the body) and thereby, among other things, lowers blood pressure and heart rate

Alternate-nostril breathing

- Inhale through one nostril
 - Hold your breath for a moment
 - Exhale through the other nostril
 - Repeat in reverse and several times
- Yoga technique, also called "Nadi Shodhana"
- Serves to open and balance the so-called "energy channels" and to balance the left and right brain hemisphere



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